

HEALTHY BODY  HEALTHY MIND

women's fitness

YOUR 2-WEEK BIKINI DIET

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**FLAT
ABS,
FAST!**

*Do the moves,
rock that bikini*

**SUMMER
SUPPERS
SORTED!**
12 fab recipes

FREE!
7-day
Gym Pass
See page 18

REVEALED

*The habit
making you
GAIN weight*

13

**STEPS FOR A
HEALTHIER, MORE
POSITIVE YOU**

***Stressed
at work?***

**Make anxiety
work for you**

WOMENSFITNESS.CO.UK
ISSUE 142 | SUMMER 2015 | £3.80



NEW



**MMMM... DELICIOUS
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£188
PER MONTH

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What's in a name? Sometimes, everything. Pride, heritage, craftsmanship, style, performance, excitement. The New Alfa Romeo MiTo Junior shares all this with the classic 1966 GT 1300 Junior. Then it enhances its Alfa Romeo spirit with modern engineering and cutting edge technology, like its Alfa D.N.A. driving mode selector and Uconnect™ infotainment system. Breeding. There's no mistaking it. Now available for £188 per month*. **SEARCH 'ALFA ROMEO PROMOTIONS'**



Range of official fuel consumption figures for the Alfa MiTo range: Urban 38.7 - 64.2 mpg (7.3 - 4.4 l/100km); Extra Urban 61.4 - 97.4 mpg (4.6 - 2.9 l/100km); Combined 50.4 - 80.7 mpg (5.6 - 3.5 l/100km). CO₂ emissions 130 - 90 g/km. Fuel consumption and CO₂ figures are obtained for comparative purposes in accordance with EC directives/regulations and may not be representative of real-life driving conditions. Factors such as driving style, weather and road conditions may also have a significant effect on fuel consumption.

*Above rental based on Alfa Romeo MiTo 875cc TB Twinair 105 bhp Junior on Personal Contract Hire, with an initial rental of £2,068, followed by 47 monthly rentals of £188. Rentals shown above include VAT and exclude maintenance, and are based on 6,000 miles per annum. Excess mileage charges apply. Vehicles must be registered by 30th June 2015. Promotion subject to status. A guarantee may be required. Alfa Romeo Contract Hire, PO BOX 4590, Slough, SL1 0WU.

ON THIS MONTH'S COVER:



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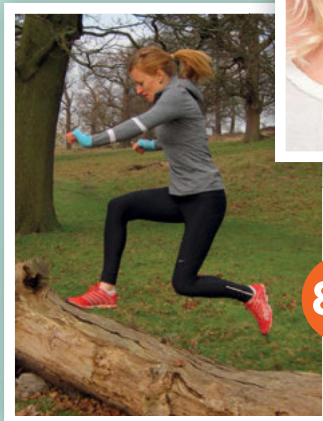
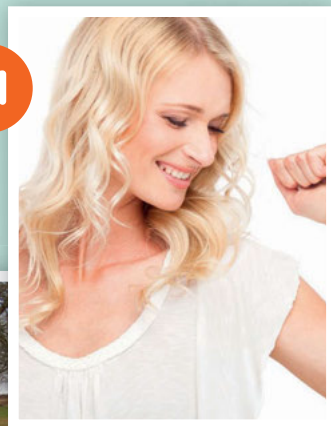
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● Bikini top, £22.22 and bottoms, £19.04, Aerie

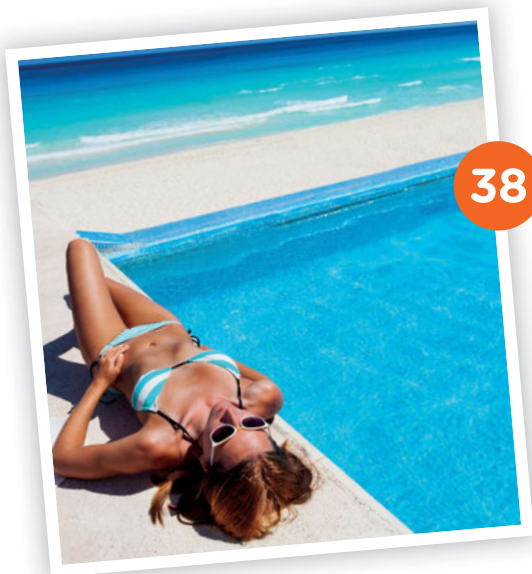
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features

- 080 Fitness heroine** *WF* caught up with adventure race queen Sarah King to find out why she loves getting stuck in the mud
- 081 Banish negative thinking forever** It's all too easy to let a setback, bad experience or mistake derail you. Keep negativity at bay with tips from the experts



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exercise

- 030 Class on trial** We go back to basics with the new tough, but hugely effective, Primal Series classes
- 032 Get totally toned** Firm up those jiggly bits ahead of your hols with this total-body Pilates workout – no studio required
- 038 The secret to a slimmer summer** Want a body you'll be proud to parade poolside? Top health experts share their tips for a hot bikini body
- 041 We say jump...** You say, 'how high?' Well, as high as you can! Get explosive to improve your health by leaps and bounds
- 046 A-list abs in 8 moves** Want the stomach of a celeb without the endless crunches? A-list trainer Scott Laidler shows you how
- 050 Fitness scene** All the amazing hot new kit, gear and accessories we just can't get enough of this month
- 052 The fast show** Get in and out of the gym quicker than you can say 'beach body'
- 053 Reviews** All the latest book, DVD and app releases tried and tested for you by team *WF*



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21-PAGE SPECIAL

Bikini body bootcamp!

- 058 Operation beach body** On a mission to give yourself a body overhaul in time for summer? Follow our expert advice
- 060 Your get-slim meal plan** Lose 4lb in 14 days with our healthy eating plan!
- 067 Bikini bootcamp** With our 14-day plan, you'll be a beach goddess in a flash
- 072 Golden girl** Wow on the beach with a gorgeous two-piece!

health

- 086 Fight, flight or sit tight?** We're constantly told that stress is damaging for our health, but what if it could actually make you healthier and happier?
- 090 Ask the expert** Got a nagging health dilemma? Let our expert put your mind at ease with her top tips for beating hay fever this month

beauty

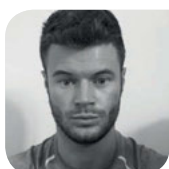
- 093 Look gorgeous this summer** *WF*'s top-to-toe guide to looking sun-sational at the drop of a beach hat
- 096 3 of the best treatments** We cherry pick the hair, face and body treats designed to make life that little bit sweeter
- 097 Beauty heroes** Update your look-hot routine today with these hot new products

Meet the experts

Every issue is packed with advice from our expert



AMANDA HAMILTON is a nutritionist, author and TV health expert.
AMANDA HELPS YOU BEAT PESKY HAY FEVER THIS SUMMER ON P90



DAN LAWRENCE is a personal trainer.
DAN HELPS YOU SHAPE UP FOR THE SUMMER MONTHS WITH HIS BIKINI-BODY BOOTCAMP WORKOUT ON P67



LAURA WILSON is a best-selling author and nutritionist.
LAURA HELPS YOU BALANCE YOUR BODY'S PH FOR A HEALTHIER YOU ON P100



LUCY JONES is the consultant dietitian at the Almond Board.
LUCY HELPS YOU AVOID 'ACCIDENTAL' SNACKING ON P102



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nutrition

100 PH perfect We help you restore your body's optimum pH level for health, vitality and a gorgeous bod

102 Do you have snack amnesia? If you're an 'accidental' eater, you're not alone!

106 Hearty meals Nutritionist Dale Pinnock's new book shows you how to cook your way to a healthy heart!

110 Healthy bites Fill your trolley without filling out!

111 We love chia! This tiny superfood packs an impressive nutritional punch

113 Island cooking Bring the taste of the Caribbean to your dining table!

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What we did this month

Trending



WHIPPED UP SMOOTHIES

WF Editor Joanna has been busy in the kitchen creating these amazing apple and ginger smoothies!

SWEATED AT PSYCLE

Ellie and Joanna gave the new Right Guard Total Defence 5 Sport anti-perspirant a try at Pscyle!



'I'm loving cycling to work without the fear of rain!'

JOANNA
Editor

'I've joined a run club – and I'm loving the pretty runs through Victoria Park!'

AMANDA
Fitness editor

'I'm loving park workouts in the sun!'

ELLIE
Deputy editor

Something on your mind? Share it with WF... We want to hear from you!

Have your say



Women's Fitness readers say...

Hi there. I just wanted to say a big thank you for the free *101 Best Exercises for weight loss* – I find it great as an exercise companion! I just dip into it and it motivates me with the help of some banging motown music on at home. I'm a trained ETM teacher, but exercising alone can be a bit boring and this book is just the trick as it keeps me MOTIVATED! Thanks again.

Jacqueline Walmsley, Scunthorpe

We asked...

'What are your go-to detox juice ingredients?'

'Definitely ginger. Ginger is a hit and miss with some people, but you can't deny how great it is for your general health (and beauty)! I put it in all of my juices - even if it's just a tiny root - to give it a good kick.'

Jessica, Swansea

'Green juices always make me feel the healthiest, so end up picking a lot of greens in the supermarket aisles. Spinach, kale and celery are my top three, but I also make use of beet greens and carrot tops!'

Samantha, Teddington

'The more I read up on different types of ingredients, the more I like to try absolutely everything on offer! My latest favourites are sweet potato, broccoli, asparagus and all the herbs.'

Tricia, Kirkby

GET IN TOUCH AND WIN!

Write in to us and you could win The Tisserand Wellbeing Collection (worth over £60). The bundle - which includes a Muscle Ease Bath Oil, Energy Body Oil, Sweet Dreams Bath Oil and Detox Body Oil - contains everything you need to relax and indulge.

● tisserand.com

NEXT ISSUE: How do you stay fit on holiday?

contact us...

- Email: team@womensfitness.co.uk
- Write to: Women's Fitness 'Have your say', Unit 011, Netil House, 1 Westgate St, London, E8 3RL
- Tweet: @WomensFitnessuk
- Facebook: facebook.com/womensfitnessmagazine



panel. Introducing this month's health and fitness gurus...



AMANDA KHOUV is a qualified personal trainer, WF's fitness editor, wearer of warm hats and serious coffee lover.

AMANDA GIVES YOU AN ACE PLYO WORKOUT ON P41



SARAH KING is the founder of the Gauntlet Games.

WE CATCH UP WITH SARAH TO TALK ALL THINGS MUD AND OBSTACLE RACING ON P80



LOUISE PYNE is WF's features editor, a registered nutritionist and our resident herbal tea connoisseur.

LOUISE HELPS YOU BEAT 'SNACK AMNESIA' ON P102



NICOLA SHUBROOK is a nutritionist.

NICOLA GIVES US TASTY CHIA RECIPES TO HELP US UP OUR INTAKE OF THIS SUPER FOOD ON P111

PERSONAL BEST ❄️

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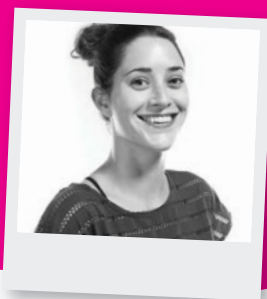
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From the editor

Joanna Knight



HOT STUFF

Get a gorgeous
bikini bod



THINK SMART

Boost your
mental armour



SNEAKY SNACKER?

Beat the habit!

Summer is technically here! And if there's a beach somewhere with your name on it, then you'll love our ultimate bikini bootcamp special (from page 57).

Our two-week diet and workout plan will flatten your tum and get you in serious beach-body shape! Plus we have our fave PTs' top bikini-body secrets (page 38), so you'll leave nothing to chance! Plus we're now halfway through the year, and what better time to reassess your health, fitness and wellness goals? Read on to discover how to boost your mental strength (page 81); make stress work for you (page 86) and nix your biggest diet saboteur (page 102)!

Have a great month!



LOOKING GOOD

Let's hit
the beach!

WE LOVE!



LEARN TO LOVE STRESS!

No really,
it works!

Joanna

This month's
cover

Photography:
Simon Taylor
Make-up: Alisha Bailey
Model: Stephanie D,
motmodel.com
Styling: Joanna
Knight, Ellie Moss
Clothing: Sweaty Betty
bikini: top, £45 and
bottoms, £40,
sweatybetty.com



Don't miss a single issue of WF!



If you can't always find *Women's Fitness* in store, help is at hand! Just complete this form and hand it in at your local store and they'll arrange for the latest issue to be reserved for you. Some stores may even be able to deliver the magazine to your home. Just ask! (Subject to availability)

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Sainsbury's



To the customer: This voucher entitles you to 50p off 1x MOMA Bircher Muesli 140g (Wild Berry, Strawberry & Banana, Apple & Peach or Mango & Passionfruit). One voucher may be redeemed in Waitrose, Sainsbury's or Boots towards the purchase of a Pot and should not be used to gain saving on any other item. This voucher has no monetary value and will become invalid if altered in any way. Valid until 30th July 2015. To the retailer: MOMA will refund the face value of this voucher provided that it only be taken in part payment for one MOMA Bircher Muesli 140g Pot and reserve the right to refuse payment against mis-redeemed vouchers. No photocopies. For redemption return to Valassis Ltd, PO Box 6199, Nuneaton, CV11 9HQ. The Promoter is MOMA Foods Limited.



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ESSENTIALS

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22 AUGUST

Surf Bettys festival!

Kick-start your summer with a celebration of women's surfing! Head to the Great Western Beach in Newquay to enjoy free surf coaching and yoga, along with craft workshops and beauty treats at this awesome festival hosted by surfer Corinne Evans. Get down to the beach, pronto!
● corinnessurftour.com



➔ DIARY DATES



15 AUGUST

Bright idea

If you want a running event that's less about speed and more about having fun then The 5K Color Run in Birmingham – where you get coated in rainbow powder as you run – is perfect for you. Sign up now!
● thecolorrun.co.uk/birmingham



22-23 AUGUST

Ride on!

Looking for a cycling challenge this summer? Take on this 300-mile route from Newcastle to London. This seven-stage, one-day journey passes the Angel of the North as well as the Yorkshire Hills.
● ride24hr.com



29-30 AUGUST

Rise to the challenge

If you want to put your stamina to the test then get involved in the London 2 Cambridge Ultra Challenge. This August bank holiday you can walk, jog or run 100K of footpaths and trails!
● london2cambridgechallenge.com

"PURE GOLD"

ZOE SMITH

TEAM GB WEIGHTLIFTER, COMMONWEALTH CHAMPION AND EUROPEAN BRONZE MEDALLIST



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R-BAR Protein is a bar of unrivalled quality incorporating nutritionally uncompromised ingredients. Created in our bespoke state of the art factory in Sussex, every ingredient has been carefully selected providing you with the finest protein, whole nut butters, cocoa butter and carefully tailored natural flavours. **Crucially, it contains NO palm oil, soy protein, glucose syrup or GMO ingredients. It also contains no artificial colours, flavourings or sweeteners.**

20g
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9g
FIBRE

2g
SUGAR



LIGHT MY FIRE

Burning a Jo Malone White Lilac & Rhubarb Charity Candle could be the best thing you do this month – proceeds care for charity gardens across the UK.

● £42, jomalone.co.uk



STEP INTO SUMMER

Celebrate the sunshine months by treating yourself to a stylish pair of Reef Shaded Summer Espadrilles – the perfect summer shoe.

● £60, reef.com/eu



NOTE TO SELF

Don't let summer pass you by. Jot down every memory, day or workout in one of these adorable notebooks from a range of different artists.

● From £8, ohhdeer.com



AYE AYE CAPTAIN!

Whether it's Barbados or Bognor you're visiting this summer, look beach-perfect in Henri Lloyd's Rachelle swimsuit. We're loving the nautical design.

● £70, henrilloyd.com

HOT LIST

See it, buy it, love it!
Your essential guide to the month ahead



BEATS AND BBQS

Make sure your garden parties go off with a bang this year with the Braven Lux. The portable speakers make al fresco socialising fuss-free.

● £89.99, braven.eu



PICK ME UP

Pick yourself up from that afternoon slump with Nakd Nibbles. There's no added sugar and they're made from 100 per cent raw fruits and nuts.

● 80p, naturalbalancefoods.co.uk



FACE IT

French-Korean beauty brand Erborian's new Dongbaek Camellia Essence is the perfect moisturising and anti-ageing face serum.

● £65, Space NK



USE PROTECTION

Forget sticky, greasy and streaky sun cream. La Roche-Posay Anthelios Comfort Cream range protects, moisturises and soothes.

● £15.50, boots.com



ABARTH WITH



THE NEW ABARTH 595 COMPETIZIONE. **NOTHING EXCITING HAPPENS IN SILENCE.**



**DISCOVER THE UNMISTAKEABLE SOUND OF THE ABARTH 595
COMPETIZIONE WITH NEW 180HP ENGINE AND RECORD MONZA EXHAUST.
FIND OUT MORE AT ABARTHCARS.CO.UK**

Official fuel consumption figures for Abarth range mpg (l/100km): Combined 45.6 (6.2) – 48.7 (5.8), Urban 34.4 (8.2) – 37.2 (7.6), Extra urban 55.4 (5.1) – 60.1 (4.7), CO2 Emissions: 145 – 134 g/km. Fuel consumption and CO2 figures are obtained for comparative purposes in accordance with EC directives/regulations and may not be representative of real-life driving conditions. Factors such as driving style, weather and road conditions may also have a significant effect on fuel consumption. Abarth UK is a trading style of Fiat Chrysler Automobiles UK Ltd.

The New Abarth 595 Competizione range starts from £19,890 OTR. Model shown is an Abarth 595 Competizione 1.4 T-Jet 180 hp at £22,110 OTR with Cordolo Red Tri-Coat Metallic Paint at £660, 17" Formula – Matt Black Finish Alloy Wheels at £190, Black Stripe and Door Mirrors at £170 & Abarth Corsa Front Seats by Sabell in Leather/Alcantara at £1200.

HANDS-FREE RUNNING

No need to worry about where you're going to put your phone or keys on the run – the Flipbelt is the perfect solution! It's a handy waistband that holds all your running essentials and, thanks to its snug fit, it won't budge as you move. We love the bright colours, too!

● £25, theflipbelt.co.uk

SHORE FOOTED

If you're looking for something to work towards this summer, why not try to beat the Guinness World Record for the fastest 10K run on sand? The current record is 55:01, held by Marie Bader at the World-Beater All-Beach 10K in Gulf Shores, Alabama, USA, on 10 August 2013. If she can do it...

THE COVER-UP...

Sick of your vest top flashing too much flesh while you run? The Conceal Vest by Striders Edge has a small modesty panel at the front so you can run without any worries of wardrobe malfunction, and the vest's longer length means it stays in place as you move. Our favourite colour is 'hyacinth fusion'.

● £45, stridersedge.com

RUNNING NEWS

Shatter your PB with performance-boosting tips and high-tech kit

DIARY DATE

15 August Greenwich Park Run

Sign up now and choose either a 5K or 10K run, with amazing views of London, while raising money for the British Heart Foundation.

● bhf.org.uk/get-involved/events/runs/greenwich-royal-park-run



FITS LIKE A GLOVE

For trainers that hug your feet as you run, look no further than Saucony. The Saucony Triumph ISO moulds to your foot, allowing the shoes to move in harmony with your feet. The superior cushioning also protects against impact. You won't find kicks more comfortable!

● £125, saucony.co.uk





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Uvistat Lipscreen is the only SPF 50 Lipscreen containing Vitamin E and Tea Tree Oil. The moisturising balm helps prevent lips from becoming dry and chapped.

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- Contains Tea Tree Oil, helps protect against cold sores
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- Helps protect against chapped lips
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Cricket and England
International
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also www.lipscreen.co.uk

Jonny Bairstow
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Available from



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thehealthcounter.com™



In association
with the



Head space

Lazer's first female-specific collection doesn't disappoint. The new Lara helmet – part of the MOi! Range – is as comfortable and safe as you'd expect, but comes complete with a ponytail-friendly Rollfit system. Plus, we really love the USB-rechargeable light that fits into the back.

● £69.99, lazersport.co.uk



HOT MUST-HAVES TO KEEP YOU COOL

Three essentials for those sweaty summer bike rides

1 MUC-OFF ICE FRESH SPORTS TOWEL

Wet, squeeze and shake for an instant cooling effect that works over and over. Ah, the relief!

■ £10, muc-off.com



2 EAU THERMALE AVÈNE SPRING WATER SPRAY

Overheating? Spritz this generously and it will sort you right out.

■ £7, boots.com



3 ACTIVBOD COOLING FINISHING LOTION

This genius menthol body lotion keeps skin feeling cool, fresh and non-sticky.

■ £12, boots.com



CYCLE SCENE

Get extra pedal power with our top cycling tips

NO SHIFTING REQUIRED

Shinola's first single-speed model, the Detroit Arrow, is finally here. The hand-built bike doesn't skimp on attention to detail: we love the laser-cut features, cork handle grips and super-sleek leather saddle.

● £1,028, shinola.co.uk



DID YOU KNOW?

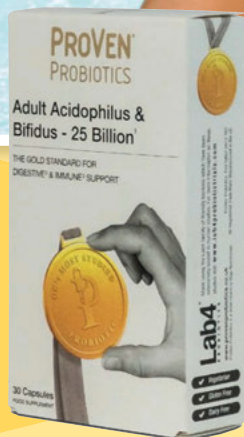
Cycling is the third most popular recreational activity in the UK – over 3.1 million people ride a bike each month



SUMMER STYLE

Next time you head out for your sunny cycle, kit yourself out in this stripy Gore Power SE Singlet instead. No restrictions, no tan lines, no problems. There's also a full-length front zip, three pouches and a zipped pocket plus that all-important elastic grip on the hem.

● £74.99, goreapparel.co.uk



Have a bloat-free holiday this year

Whether it's caused by a change in diet or travel stress – or a combination of both! – bloating can reach a whole new level when you're on holiday. Pack ProVen's Adult Probiotic 25 Billion to help relieve that bloated feeling and keep your digestive and immune systems ticking over nicely.

● £13.95, provenprobiotics.co.uk

QUENCH IT!

Stay healthy and hydrated in the heat with these fruity drinks

B FRESH COLD PRESSED JUICES

Choose from a range of eight flavours to get your five a day. Our fave is the Green Warrior.

● £15 for 6, b-fresh.co.uk



ALIBI HEALTH DRINK

Lightly sparkling and packed with vitamins and minerals, it's the perfect garden party beverage.

● £1.50, major supermarkets

CHERRY GOOD

Add this juice to a berry smoothie for a simple detox – it contains just 48 calories!

● £1.50, Sainsbury's



HEALTH WRAP

Tasty trends and top buys from the world of wellbeing

FREE 7-DAY GYM PASS

PROMOTION

We have teamed up with **énergie** fitness group to offer every reader a FREE* 7-day pass that can be used at any of the 100 **énergie** gyms in the UK*.



Énergie clubs offer state of the art equipment, studio classes and friendly staff to ensure the journey to reaching your goal is tailored to your needs.

Simply present your exclusive *Women's Fitness* voucher at your nearest club to enjoy your **FREE 7-day pass**.

● Find your nearest **énergie** club at energiegroup.com



READER OFFER!



FANCY A CHIP?

Our new fave snack is Manomasa's tortilla chips, which are available in four delicious flavours: Sea Salt & Cracked Black Pepper; Chipotle & Lime; Mancho & Green Olive; and Tomatillo Salsa. Packed with super-seeds such as linseed, pumpkin or caraway seeds, they're not only delicious, but also gluten free. Warning: it's almost impossible not to finish the bag in one sitting!

● £2 each, Waitrose

WORDS: LISA NGUYEN. SOURCE: ONEPOLL RESEARCH COMMISSIONED BY OCUVITE FROM BAUSCH + LOMB, 2014
*PARTICIPATING GYMS ONLY. SUBJECT TO AVAILABILITY. THE 7-DAY PASS MUST BE USED CONSECUTIVELY. CANNOT BE EXCHANGED FOR ITS MONETARY VALUE. AVAILABLE TO PERSONS OVER 18 YEARS OLD. MANAGEMENT RESERVE ALL RIGHTS.

I



RUNNING FASTER

Training across a mix of heart rate zones is the most effective way to strengthen your cardiovascular system. With the TomTom Runner Cardio, you can tailor training programs across your heart rate zones so you can run further and faster.

HEART RATE ON YOUR WRIST

TomTom 

John Lewis

runnersneed
the running specialists

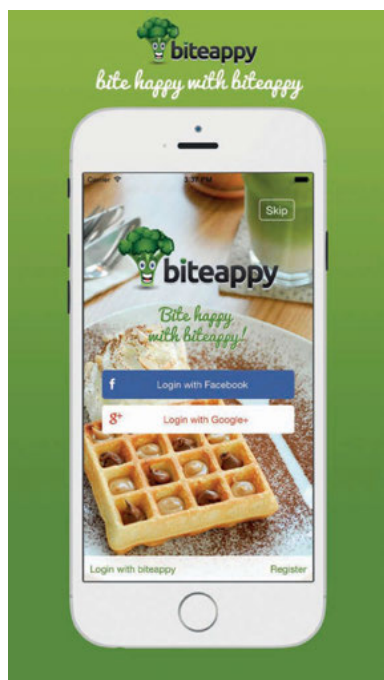
 **sweatshop**
WE KNOW RUNNING

UP & RUNNING
Your Running Retailer

Smart menus

Have a food intolerance or allergy that makes it tricky when it comes to eating out? Make life easier with the app celebs are loving: Biteappy. This nifty creation offers a directory of restaurants to help you find a menu suitable for you.

● Free, The App Store and Google Play



Cup with character

Make your morning cuppa even better with one of these adorable animal-inspired mugs from Prezzybox. The giraffe and elephant handles are so cute!

● £4.95, prezzybox.com



HEAVEN SCENT

Make those pamper evenings even better with this delectable Garden Sweet Pea candle from Yankee Candle. Fill your home with the sweet scents of pear and peach combined with the delicate fragrance of freesia and rosewood. Perfect for improving the feng-shui of your house and clearing the head, there's a reason team *WF* love dotting these candles around so much!

● £7.99, yankeecandle.co.uk

LOVE LIFE

Hot tips and tricks to boost your energy, style and cash flow



EXPERT TEA MAKER

It's the ultimate gadget for tea aficionados. This super smart Tea Maker from Heston Blumenthal's range for Sage brews your tea in the kettle for exactly the right time at just the right temperature. It can also keep your brew warm for up to an hour.

● £199.99, Lakeland

COSTUME DRAMA

We don't know about you, but we are going wild for this showstopping one-piece by SeaFolly. The Block Party high-neck design has a beautiful cross back and is, without a doubt, the key ingredient for zhuzhing up any summer wardrobe!

● £79, House Of Fraser



WE LOVE

I



TRAINING SMARTER

Working out in the correct heart rate zone improves your cardiovascular system and strengthens muscles. With the TomTom Runner Cardio, you can match your training goal with your optimal heart rate zone to get the most out of every run.

HEART RATE ON YOUR WRIST

TomTom 

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runnersneed
the running specialists

 **sweatshop**
WE KNOW RUNNING

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BEFORE EXERCISE.

DEEP HEAT IT.



Deep Heat Heat Rub is
a medicine. Read the label.

AFTER INJURY.

DEEP FREEZE IT.



Deep Freeze Cold Spray
is a medical device.

DEEP HEAT



DEEP FREEZE



The UK's No.1 selling heat rub and cold spray.

HOT DATE

Get to know your spices inside out – from the way they're coloured to their healing properties – at Kew Gardens Spice Festival in London. Running from 23 May to 6 September, the fun and colourful event will also have street food vans offering tasty spiced dishes from around the globe.

● kew.org



OH, JOY!

If your skin is sensitive or prone to breakouts, dryness or other pesky problems, it's worth trying natural and paraben-free face products from Adam and Eve Skincare. The La Joie De Vivre collection contains four hero products: a cleanser, facial wash, serum and moisturiser.

● From £12 each, adamandeveskincare.co.uk

GREEN SCENE

Be stylish and sustainable with our planet-friendly tips

GREEN TEAM

Ford (yes, the car manufacturer!) took to the catwalk at Hong Kong Fashion Week with a collection made from car parts – including felt and cloth from Mondeo and Kuga seats – after teaming up with sustainable fashion charity Redress. Ford is a founding member of the Bioplastic Feedstock Alliance, an organisation that promotes responsible development of plant-based plastics.

● For more information visit corporate.ford.com



For the busy bee

Always wanted to grow your own plants, but worried you'll forget to water them? These ace Ecopods have a self-watering function so they can look after themselves! They also come with adhesive strips to make them easy to mount onto almost any smooth surface. Instant decor upgrade!

● £14.95 for set of two, geniegadgets.com



Feel the chi

WE LOVE



Boost your health, while supporting sustainability, with fair-trade Chi 100% Raw Organic Coconut Water. The coconut juice is taken from Thailand's Nam Hom coconuts in their natural state using high pressure pasteurisation, which means there's no negative impact on flavour or nutrients. The company also works with the Drop4Drop project to deliver waterwells to underdeveloped communities in India and Africa.

● £2.65 for 250ml, Tesco

FOOD SWAPS

Try swapping peanut butter for almond butter. While peanut butter has many health benefits, almond butter is a better source of the good monounsaturated fats and fibre that we need for heart health, and it has higher levels of calcium, iron, potassium and zinc. Also: **the almond variety has four times more vitamin E than peanut**, an important antioxidant that helps protect our cells and immune system and fights harmful free radicals.



FIT FOOD

Nourishing news and nutritional know-how

Cheat sheet Amino acids



Around **20 per cent of the body is made up of protein and it plays a crucial role in almost all of our biological functions.** Amino acids are the building blocks of this protein and make up a large proportion of our cells, muscles and tissues. They also play a key role in the storage of nutrients as well as influencing the function of our organs, helping to heal wounds by repairing tissue in the muscles, bones, hair and skin. Good sources of amino acids include green peas, quinoa, chicken, fish, chickpeas, green leafy vegetables and oats.

Q+A



THE PERFECT BALANCE

Q I train three to four times a week, but my muscles often feel tired and fatigued the next day. What can I do?

A Make sure that you are following a good diet that has plenty of protein and green leafy veg for good recovery, but also foods that are high in glutathione – an antioxidant that can lead to less muscle fatigue. Glutathione-rich foods include cumin, fruit and veg, eggs and dairy.



We love

somekitchenstories.com

Some Kitchen Stories (SKS) is a brilliant and fun foodie website run by photographer Nicola McQuade and writer Judi Cutrone. They both cook and share a passion for food and fiction, matching recipes with a fictional story – sometimes an individual ingredient or the whole dish. Try this tempting lemon basil pizza and enjoy it over one of their stories.

LEMON BASIL PIZZA

Serves 4

Prep time: 5 minutes

Cook time: 15 minutes

Ingredients

- 1 ball of pizza dough, room temperature
- Extra-virgin olive oil, for drizzling
- 6 thin lemon slices
- 110g fresh mozzarella (25g torn and left for topping)
- A handful of fresh basil, chopped
- 30g baby spinach

Method

- 1 Preheat your oven to 180°C/ 350°F/ gas mark 4.
- 2 Stretch the pizza dough on a pan until it's about 25cm in diameter.
- 3 Drizzle dough with olive oil and layer toppings (lemon, mozzarella, basil, spinach) and top with the torn mozzarella.
- 4 Bake for about 15 minutes or until the crust is golden and the cheese begins to brown.

START YOUR DAY SMART!

Do you drink lemon and hot water in the morning? Try adding a teaspoon of apple cider vinegar for extra health-boosting properties. Apple cider vinegar helps to support the immune system, detoxes and wakes up your stomach before you have breakfast, plus it has an alkalising effect on our bodies (despite being acidic), which helps promote digestion.



The tri experience

Give your triathlon training a luxury makeover with a two-week trip to Portugal. Enjoy professional coaching and performance analysis in the Algarve in week one, then relax at the newly opened Six Senses resort in the Douro Valley in week two. We're in!
● £1,750, bluemarbleprivate.com



TRAVEL DIARY

Your passport to dream destinations, suitcase essentials and active escapes

Splash out

This gorgeous vintage-inspired swimsuit is our summer 2015 holiday essential! With a cute pattern and scalloped cups, what's not to love? Just add a martini for perfect poolside chic.

● £95, littlewhitelieslondon.co.uk



SHORT STUFF

Show off toned pins on your next trip with these super-sweet Penfield Truro shorts. Perfect for everything from dossing around on the beach to exploring the local area or enjoying a few fancy cocktails.

● £70, penfield.com

SURF AT ALTITUDE

No, really! This July sees the opening of the world's first Wavegarden artificial surf lagoon in North Wales. With waves of up to two metres in height occurring once a minute, surrounded by breathtaking Welsh mountains, it's an adventure-lover's paradise. The complex is set to include a surf academy, a restaurant, viewing pods and a camping hut. So, what are you waiting for? Grab your board and go!

● surfsnowdonia.co.uk



Pack up

A smart take-anywhere bag is an absolute travel must-have. This little beauty can morph from a sturdy travel handbag to smart city companion or explorer's essential in an instant. We're head over heels!

● £499, chapmanbags.com



SONY



THE EVOLUTION OF SMARTWEAR



Something exciting is happening in the world of fitness: the SmartBand Talk and Xperia™ Z3+ from Sony are leading a tech revolution!

**'WE KNOW YOU LOVE
GADGETS THAT ARE
HANDY AND EASY
TO USE, AND THE
SMARTBAND TALK
FROM SONY
FITS THE BILL
PERFECTLY'**



When the technology market turned its hand to fitness

productivity a few years back, boy were we excited!

This fast-growing industry has helped to revolutionise our active experiences, helping us to get more fitness gains from our everyday lives, as well as our training plans and workouts themselves.

To say we're big fans of training gizmos and gadgets is an understatement!

GET STARTED

Sometimes it's the small things that make all the difference, and fitness is no different. Simply tracking your daily activity, eating habits and even your sleep allows you to monitor any deficiencies and improve on them. We know you love gadgets that are handy and easy to use, and the SmartBand Talk from Sony – which works with the Lifelog app – fits the bill perfectly. You can use the SmartBand Talk to record your steps and log your activity, set goals and track your progress. The sleek SmartBand Talk works with Sony's latest flagship device, the Xperia™ Z3+. Waterproof* and even more powerful than its predecessor, it's sure to get you through a Tough Mudder.

THE FUTURE

Being active has reached new levels of popularity, thanks to the fitness technology explosion, and this trend is not about to disappear anytime soon. From wearable tech like the SmartBand Talk to snowboard goggles that tell you the speed you're travelling at – it's an exciting time to be on any fitness journey, whether that's training for a race, coming back from injury or just deciding to take the stairs rather than the lift! But it doesn't stop there, soon we'll be able to track our injuries, genetics and biometric data along with external factors that affect our performance, like the weather – bring.it.on!

With more and more of us using technology to improve our workouts, it's little wonder a third of gym members would switch their gym for technology access – including wifi, docking stations, video, audio or online content on equipment. So, what are you waiting for? It's time to join the technological revolution!
● Sony SmartBand Talk, from £129.99, carphonewarehouse.com/news/coming-soon/sony-xperia-z3-plus

TOUGH MUDDER'S EVOLVED TOO!

Tough Mudder has been revving up our appetite for adventure obstacle races since 2010. Launched by two New York-based Brits, the first event (which attracted 4,500 people!) was a huge hit, and has grown and grown. It hit the 1 million participants mark in 2013, and has expanded its empire from the States to include events in Australia, Canada, Germany, Ireland, New Zealand, and of course, the UK.

We know Tough Mudder is big on team work, and that's why we love it so much. Did you know the obstacles are actually designed to build teamwork – we'll gloss over the fact they're also designed with your primal fears in mind – Sony's Arctic Enema 2.0, anyone!

To discover how Sony's SmartWear can help your Tough Mudder ambitions and for more handy training tips visit mensfitness.co.uk/fitness-technology

MULTI AWARD-WINNING SPORTS NUTRITION BRAND

TEAM GRENADE ATHLETE - EMMA PAVELEY

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UK's No.1 Selling Weight Management Product

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The first 50/50 Slow/Fast Protein Blend

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High Protein, Low-Carb Bar

Less than 1.5g impact carbs, less than 1.5g sugars and 23g protein per 60g bar.



GRENADE®

EXERCISE

30 Primal Series on trial! // 32 Total-body Pilates // 38 Secrets to a slimmer summer
41 Jump to it // 46 A-list abs in 8 moves // 50 Kit we LOVE // 52 Super-speedy sesh

HAPPY DAYS

Here's something to smile about: according to new research, images of positivity could affect your endurance. Researchers at Bangor University and the University of Kent found that when cyclists were shown images of happy faces, they took longer to reach exhaustion. amazing, right? Well that settles it, then: happiness really is the key to everything. So remember to flash yourself a cheeky grin in the mirror next time you hit the gym!



EXERCISE : BACK TO BASICS



DO IT YOURSELF

You might not have access to the swanky equipment that makes this class so unique, fun and challenging, but you can certainly perform functional training at a high intensity in your own gym workout. Most gyms have kettlebells, so throw together a circuit of swings, snatches and goblet squats with bodyweight moves like burpees, lunges with rotations, and press-ups.

CLASS
ON
TRIAL

Primal Series

Thought you'd seen all the functional training classes going? Think again. Primal Series offers five classes to challenge your body in every way



→ WHAT IS IT?

What better way to do functional training than to take your body back to natural movement? All five versions of the Primal Series – Strength, Core, Renew, Perform and Condition – incorporate full-body, compound movements that challenge the body with interesting kit and an intense pace. Expect some exercises you're used to – such as kettlebell snatches and Powerbag burpees – and lesser known moves such as the standing chest press with the water-filled Surge (a bit like a ViPR), which forces you to

'This class involves using your whole body to lift, push, pull, twist and move in every direction under resistance'

work hard to engage your core and stability muscles. The format and moves change according to the class you choose to do, but the functional aspect and high-intensity set-up feature in every class.

→ WHAT ARE THE BENEFITS?

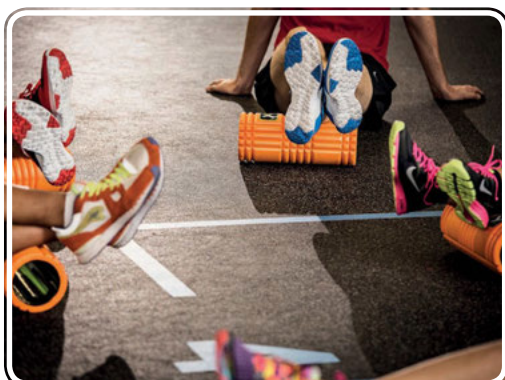
Working your body at such an intense rate does a few things: it gets your heart rate up so you're working your cardiovascular fitness, and it boosts fat-burn, too. But aside from this, you'll notice yourself getting stronger. Not just strong for the gym, either. The 'natural' movements will help you in everyday life – get ready to notice an all-round physical improvement. Mentally, it's also a great way to revive your passion for fitness by picking up new equipment and trying moves you've never done before.

→ HOW HARD IS IT?

Depending on your strengths, you'll probably excel at certain versions of the class and struggle with others – this is natural. All the classes involve using your whole body to lift, push, pull, twist and move in every direction under resistance, and with new exercises in the mix, you're sure to feel it the next day! So don't expect an easy ride!

→ WHERE IS IT?

LA Fitness studios nationwide. Members only, but non-members can use a three-day trial pass from lafitness.co.uk.



→ AMANDA'S VERDICT

If run-of-the-mill exercise classes bore you and you need something new and exciting to capture your attention, you'll love this class – as long as you're willing to work hard! This is a top pick for gym-goers who really want to go hell for leather and are keen to really work up a sweat.

ATTENTION: Ladies that attend fitness classes or who have home workout DVD's and who aren't getting the results they'd like to get from their current workout!



Ladies, if you're not getting results like these from your fitness class or home workout DVD then maybe it's time for a change?

Now you really CAN have the body you want tomorrow starting today and experience results and inch loss like this!

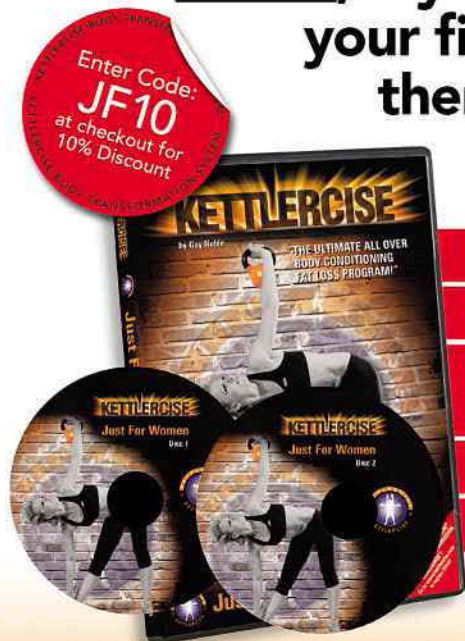
3 fat burning programs including:

- Special **20 min 'Express Program'** for fast results!
- **8 Min 'Ab Blast'**, very short but very productive for that flat stomach you desire
- Exclusive **50 min "All Over Body Program"** that accelerates fat loss
- Beginner to advanced levels of fitness

To Order Your DVD NOW go to:

www.kettlercise.com or tel: **01282 698698**

*Individual results may vary. Exercise and correct nutrition are necessary to achieve and maintain weight loss and muscle tone.



'An effective way to create a slim, slender physique, tightening and toning the whole body'

HOW TO DO IT

Focusing on controlled movement and keeping the working muscles engaged throughout the exercise, perform the moves one after another for the allotted time. Rest, then repeat the circuit until you have completed the required sets for your level.

Beginner:
2 x 45 seconds

Intermediate:
2-3 x 1 minute
to 1 minute 30
seconds

Advanced:
3 x 1 minute
30 seconds
to 2 minutes



Get totally toned!

Firm up those jiggly bits ahead of your hols with this total-body Pilates workout – no studio required

Pilates first burst on to the fitness scene with a focus on building strength.

But it's become popular as an effective way to create a slim, slender physique – tightening and toning the whole body in ways that other workouts can't.

In the last decade, studios have been

popping up everywhere, and Pilates equipment – from the simple ring to the complex genius of the reformer – has become a staple in many people's weight-loss routines.

In the lead-up to summer, we know just how busy these studios and classes get. So we asked Jess

Schuring, founder of Heartcore (heartcore.co.uk), to devise a Pilates-inspired workout that you can do at home (or in the gym) without the price tag or time constraint of attending a class. The routine is designed to tone your body from head to toe, getting you lean just in time for bikini season.





GET THE LOOK

CLOTHING: Every Second Counts bra, £41, everysecondcounts.co.uk; We Are Handsome leggings, £135, wearehandsome.com

KIT: Mat, reebokfitness.info; dumbbells, physicalcompany.co.uk; Pilates ball, amazon.co.uk

MARCHING ON THE SPOT WITH TORSO TWISTS

Areas trained: **STOMACH, SIDES OF THE STOMACH**

Technique

- Stand tall with a light Pilates ball between the palms of your hands, arms overhead. Elbows should be slightly bent.
- Lift your right knee to hip height and turn your torso and arms to your right side. Bring your arms down to the outer side of your right hip. Exhale on the twist.
- Repeat on the other side, alternating for the duration.



HOT TIP

Works as a great way to warm up the obliques and core

PLANK TO SIDE PLANK

Areas trained: **CORE, STOMACH, SIDES OF THE STOMACH, SHOULDERS**

Technique

- Lie face down, then rise on to your feet and elbows. Ensure your elbows are in line with your shoulders.
- Slowly move your weight on to your left side, keeping your legs straight and stacking the right leg on top of the left. Prop yourself up with your left forearm so your body forms a diagonal line.
- Lift your right arm straight up, keeping your hips and knees off the floor. Hold then repeat on the other side.

SAFETY TIP
Make sure you breathe continuously



STATIC WIDE-STANCE SQUAT WITH BICEPS EXTENSIONS

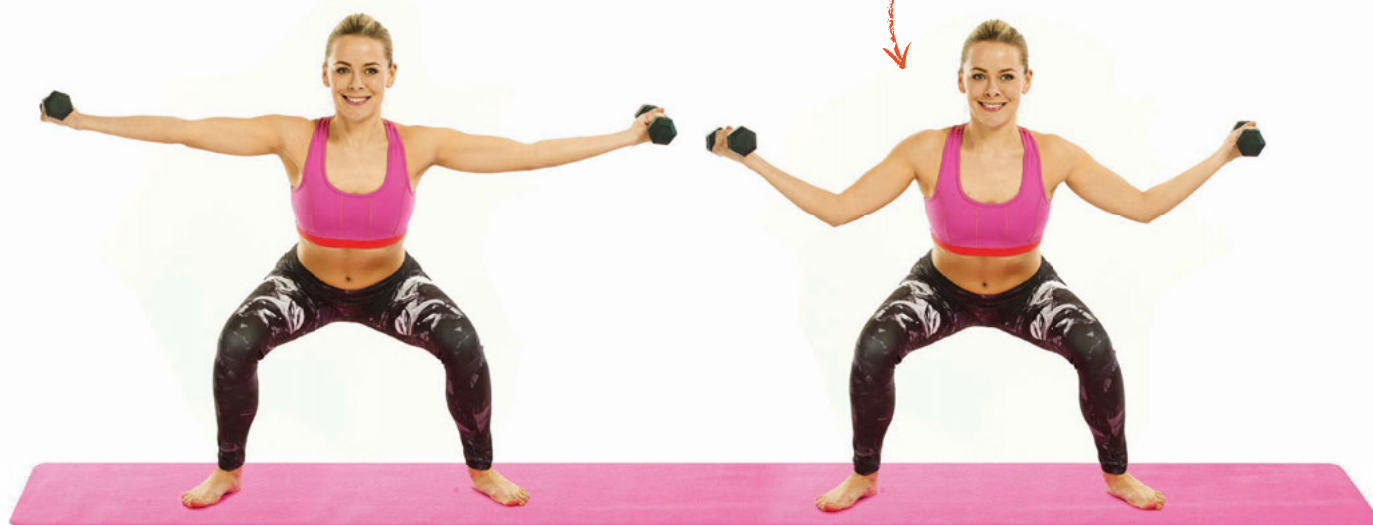
Areas trained: **BOTTOM, THIGHS, BICEPS, SHOULDERS**

Technique

- Come into a deep wide-stance squat with your feet slightly turned out. Your hips should be almost at knee level and your upper body upright with your abs engaged.
- Hold a dumbbell in each hand and extend your arms straight out to the side. Make sure your palms are facing up and your shoulders are retracted and externally rotated.
- From here, bend your arms slightly then extend them back out again. Repeat.

SAFETY TIP

Your shoulders should be rolled back throughout



WIDE PRESS-UP

Areas trained: **CHEST, TRICEPS, SHOULDERS**

Technique

- Start with your body in a straight line, face down, resting on your feet and hands. Your hands should be wider than shoulder-width apart.
- Bend your arms to bring your chest towards the floor.
- Exhale as you push back up, feeling the weight equally through both palms.
- During the last 15 seconds, hold it halfway and lift/lower by just an inch in a slow and controlled motion.

SAFETY TIP

Keep your lower back strong and don't let it over arch



KNEELING LEG CIRCLES

Areas trained: **STOMACH, SIDES OF STOMACH, THIGHS**

Technique

- Come into a table position with your hands and shoulders aligned, and your knees and hips aligned.
- Extend your right leg out to the side, kneecap turned to the sky. Extend your left arm forward.
- Move your leg in tiny clockwise circles from your hip. Maintain alignment by keeping your hips parallel to the floor.
- Keep your abs engaged and lift your belly up into your spine.
- Halfway through, change direction.
- Repeat on the other side of your body to complete the move.

SAFETY TIP
Keep your gaze about a metre ahead of you



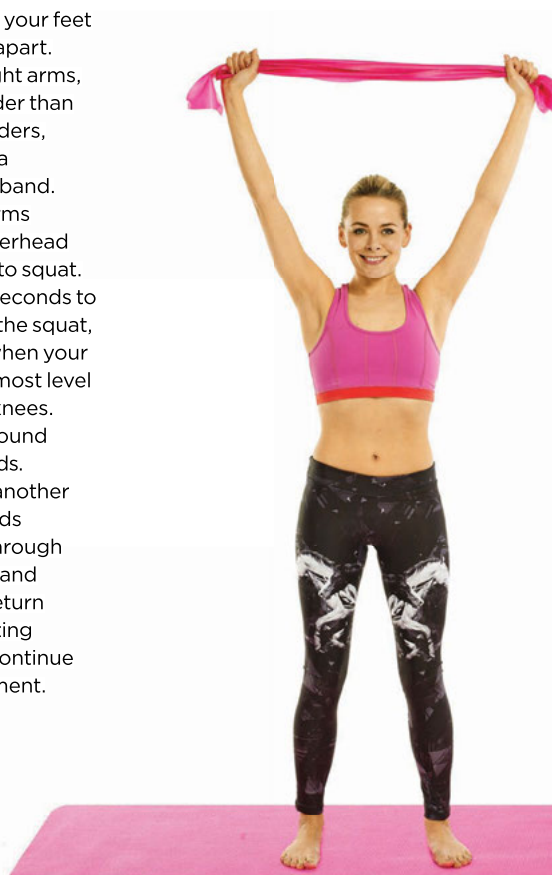
SQUAT WITH OVERHEAD LIFT

Areas trained: **BOTTOM, THIGHS, BACK**

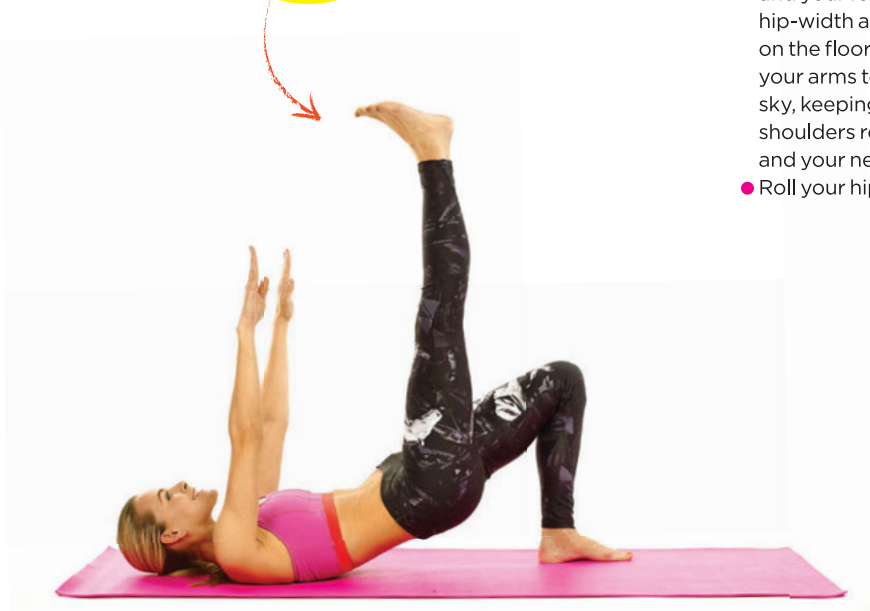
Technique

- Stand with your feet hip-width apart. With straight arms, slightly wider than your shoulders, hold on to a resistance band.
- Lift your arms straight overhead and begin to squat. Take four seconds to lower into the squat, and stop when your hips are almost level with your knees.
- Hold for around four seconds.
- Now take another four seconds pressing through your heels and glutes to return to the starting position. Continue this movement.

SAFETY TIP
Keep your shoulders down, maintaining a long neck



! SAFETY TIP
Keep your hips aligned and on the same level



BUNGEE KICK

Area trained: **BOTTOM**

Technique

- Lie on your back with your knees bent and your feet hip-width apart on the floor. Reach your arms to the sky, keeping your shoulders retracted and your neck long.
- Roll your hips off the

floor, then kick one leg up and start pulsing through your supporting leg. Your movement should be minimal, keeping your glutes contracted the entire time. Repeat the movement on the other side.

'The workout is designed to tone your body from head to toe, getting you lean just in time for bikini season'

TRICEP EXTENSIONS INTO DIPS

Areas trained: **TRICEPS, SHOULDERS, BACK**

Technique

- Sit on the floor with your hands close to your hips. With your palms down and fingers facing forward, push through your hands to lift your hips off the floor.
- From here, bend your elbows to lower yourself forward, push through your hands to lift your hips off the floor.
- Push back up towards the ground (but not on to it).
- Push back up to the start and repeat the move.



! SAFETY TIP
Keep your neck relaxed, taking care not to strain it



The secret to a slimmer summer

Want a body you'll be proud to parade poolside? Our experts share their tried and tested bikini body tips



'Drink three cups of green tea each day and you'll burn an extra 70 calories!'

It strikes us all, every year: the fear of not looking our best when the time comes to shed the layers and slip into our beachwear.

It might be the fact we've been skiving off the gym for a few weeks or the fact the big weekend benders have been coming thick and fast now the sun is out.

But, even if you've been working out and eating virtuously, research found that one in four of us are depressed about our bodies.

So to boost your confidence and get you looking your best, we pumped the UK's top health experts for their top tips on getting a hot summer bod!

Fill up on protein

Stay fuller for longer by eating plenty of protein. 'Start your day with a high-protein breakfast – eggs are a great option. Stay away from anything pre-made. If it's in a packet, it should have only one thing on the ingredient list: what it actually is! Make sure you eat protein with every meal: chicken, fish and meat are good options.'

Jenni Tardiff, bodybuilder and personal trainer

Know your good fats

Stock up on mono- and polyunsaturated fats to

boost your overall health and even improve your skin. You'll glow all holiday long!

'If you're trying to lose extra fat, especially around the middle, increase the healthy fats in your diet (get these from nuts, seeds and avocado) and reduce starchy carbs (found in grains and potatoes). This will cause your body to start using excess fat as a fuel source, instead of carbohydrates. Don't worry, this is not a low-carb diet. Make sure you still eat lots of vegetables and moderate amounts of fruit and legumes.'

Marianna Sulic, nutritional therapist

Drink smart

On average, alcohol makes up 16 per cent of our daily calorie consumption! So better watch it on the wine... 'A small glass of wine contains around 100 calories. And when we're on holiday, most of us don't have one small glass... The solution? Reach for a glass of water instead, or if you really want to drink, for every one sip of wine have three sips of water. When we drink alcohol we are more likely to overindulge, so cutting it out is an effective way to lose weight twice as fast.'

Jane Mitchell, nutritionist, author, weight-loss expert and founder of Jane Plan

Follow a leader

Pick your bikini body inspiration (check out Instagram) and use this to help motivate you. 'Start by reading success stories and looking at pictures of people who have achieved their bikini body. This will inspire you and help keep you on track.'

Malminder Gill, Harley Street life coach and clinical hypnotherapist

Have a nice cuppa

The green kind, that is! Green tea is full of metabolism-boosting antioxidants, helping the body to burn calories faster. 'Drink three cups of green tea each day while on holiday. Studies show that doing so can help you burn an extra 70 calories each day. It will also help those holiday hangovers, and keep you less bloated.'

Marc Dressen, celebrity trainer

Make every second count

Get the most out of the time you spend working out by making sure your heart rate is elevated from start to finish. 'If you're on a tight deadline, I'd recommend going for workouts that give you the most bang for your buck. That typically includes resistance or strength

training. Circuit formats are great for keeping the heart rate high – this will help to burn more calories through increased oxygen consumption. Multi-joint exercises, especially triple-joint exercises such as squats, are also really effective. You can do them with weights or by using your own body weight.'

Chris Woodhall, manager and personal trainer at Nottingham Beeston Pure Gym

Try an interval

Push your body by switching between fast and steady movements. 'High-intensity training alternates between intense and less intense bursts of activity. It is more effective than steady-state cardio as it boosts the heart rate, helps burn more fat in less time and keeps your metabolism high long after you have finished exercising. A good starter workout is running as fast as you can for one minute and then walking for two minutes.'

Marcus Houston, personal trainer at CRG CrossFit

Switch things up

The trick is to not get too comfortable or lazy. 'While sit-ups, crunches and flutter kicks are all great exercises for targeting abs,





it's important not to forget the obliques which, when strengthened, help to pull in your waist and develop an hourglass shape. Russian twists and side leans can help to work these muscles. Running, cycling and swimming are all activities you can do on holiday, as well as taking a walk around the local area. Avoid lying down and sunbathing too much – sun can cause irreversible skin damage, and you're unlikely to burn many calories!

Lee Pickering, personal trainer at DW Fitness

Eat to train

Remember to eat the right amount depending on how and when you're working out. 'Match your training to your diet. If you train a lot you will need more carbohydrates and protein, and less fat. If you are resting or inactive, reduce carbs and increase healthy fats by eating nuts, avocados and full-fat dairy.'

Ashton Turner, celebrity trainer and owner of Enhance Nutrition LDN

Get stronger

Work on your body strength and you'll notice how much easier and quicker it is to burn the calories. 'Strength training builds muscles, and having more muscle makes it easier and faster to burn excess fat quicker. Women who perform strength training for a solid 25 minutes two to three times per week usually gain about 2lb of muscle and lose twice as much fat within the first two months.'

Sally Gunnell, Olympic gold medalist

Stay clean

The rewards you will gain from making the right food choices are plentiful, and you'll see the results immediately. 'People who dedicate themselves to clean eating generally lose about 3lb a week and the benefits go beyond weight loss. You'll have more energy, your eyes will look bright and alert, your teeth and gums will be

healthier, your skin will glow and you won't be hungry.'

Shani Shaker, nutritionist

Respect the holy trinity

It's important to make sure you have all bases covered to make your efforts effective. 'Make sure you have three basic principles in place. Are you training frequently enough? Are you eating well most of the time? Are you getting enough sleep and recovery? If you can't answer yes to all of these questions, then any other mistakes you might be making will pale into insignificance.'

James Potter, personal trainer

Make fit friends

Do you have a friend that you already see every week? Combine your catch-ups with your workout sessions. 'Support is always helpful when you're trying to lose weight, so find a friend to do it with you and motivate each other to reach your goals.'

Sophie Enever, sports and exercise nutritionist

Say no!

Learn to refuse treats as they will make reaching your goal that much harder. 'Having the willpower to eat healthily on a day to day basis can be tough. It's very easy to undo a week's worth of hard work and effort with just one day of poor food choices.'

Adam Carey, nutritionist

Eat little and often

Consume small amounts regularly and you'll rid yourself of hunger pangs. 'Try to keep your blood-sugar and energy levels stable by eating regularly. Have breakfast, lunch and dinner, plus a snack mid morning and mid afternoon. Make sure you go no longer than three hours without eating. By not allowing your blood sugar to drop, your body won't need to ask you for a quick fix. As blood sugar steadies, so will the mood swings. Try not to eat carbs after 6pm to further prevent those sugar cravings.'

Marilyn Glenville, nutritionist

BEACH-BAG ESSENTIALS

Be prepared with these holiday heroes

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Swimming in the sea? Avoid any nasty bacteria getting in your ears with SwimSeal drops. **£7.99, Boots**



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TIME FOR A SPLASH

Go swimming up to 100m deep with this waterproof Shore Projects watch. You can even change straps for different occasions. **From £115, collectiveboutique.co.uk**



HOT KICKS

These lightweight Asics Gel-Fit Nova trainers will make you the envy of every gym-goer. **£82, asics.co.uk**



WE SAY JUMP...

You say, 'how high?' Well, as high as you can! Get explosive to improve your health by leaps and bounds

Jumping in puddles, jumping for joy, jump-roping... there were so many ways we'd get our bounce on back in the day, but what kind of jumping do we do these days?

It might seem like a weird thing to do as a grown-up – not to mention hard on the joints – but we've finally got an excuse to do a little more jumping around! New research from the Department of Health Sciences at the University of Jyväskylä in Finland has found that high-impact training (jumping and exercises that require sudden changes of direction) could actually *improve* cartilage health – as well as fitness, of course.

In the 12-month study, post-menopausal women who performed high-impact jumping exercises three times a week showed an improvement in knee function and the quality of their patellar cartilage, without experiencing pain or stiffness. More impressively, the researchers also saw cartilage improvement in those who suffered from mild knee osteoarthritis.

While it might seem a bit counterintuitive, this new research reveals how useful high-impact activity could be for older women and those with knee pain. While exercise that causes repetitive strain on the same areas for an extended period of time – such as running – could be problematic for some people, this workout combines jumping exercises that take your body through all planes of motion to keep things varied and keep joints healthy.





JUMPING LUNGE

Areas trained: **THIGHS, BOTTOM**

Technique

- Take a large step forward and bend both knees to about 90 degrees with the back knee just above the floor.
- Jump up as high as you can, switching leg position in the air and landing in the same position, but with the opposite foot in front.
- Repeat the move, alternating sides.



HOW TO DO IT

Perform each exercise for 30 seconds before moving on to the next. Once one set of each exercise is complete, take a minute's rest then repeat the circuit. Beginners take a 15-second rest in-between each move.



SAFETY TIP

If your lower back is over-arching, do the move with your hands on a wall and your body at a 45-degree angle to the floor

PLYO PRESS-UP (HANDS ON BENCH)

Areas trained: **CHEST, TRICEPS, CORE**

Technique

- Start in plank position with your hands on a bench or raised platform (the lower the platform, the harder the move).
- Bend your arms to lower your chest closer to the floor, keeping your body in a straight line throughout.
- From here, you should explosively push up to take your hands off the bench for a split second.
- Land softly on your hands to lower straight into another rep.





TUCK JUMP

Areas trained: **LEGS, STOMACH**

Technique

- Jump up as high as you can and bring your knees toward your chest.
- Land softly and repeat.

HOT TIP

Keep this flowing continuously to get the heart rate higher

SIDE-TO-SIDE RUN

Areas trained: **LEGS, BACK**

Technique

- In a slightly crouched position, take three quick shuffles to the side then touch

the floor with your hand.

- Do the same in the opposite direction, going as fast as you possibly can.

SAFETY TIP

Keep your back flat and don't hunch your shoulders



RENEGADE ROW TO WEIGHTED BURPEE

Areas trained: **CORE, BACK, ARMS, LEGS**

Technique

- Start in plank with your hands directly under your shoulders, and a dumbbell in each hand.
- Keeping your hips square, row one dumbbell up to your side. Then do the same with the other arm.
- Jump your feet to your hands.
- Then jump up as high as you can, keeping hold of the dumbbells.
- Bend your knees to land softly and return to a crouched position then jump your feet back into a plank and repeat.

SAFETY TIP

Don't let your hips drop lower than the rest of your body in plank position



EXERCISE : JUMP TO IT

SQUAT JUMP

Areas trained: **BOTTOM, LEGS**

Technique

- Bend at your knees and hips to lower your bottom behind you.
- Once in position, you should jump up as high as you possibly can.
- Land softly and repeat the move.

SAFETY TIP
Keep your chest up and shoulders back throughout



SKATER

Areas trained: **LEGS, BOTTOM, CORE**

Technique

- Start with your feet together, then leap across to the left as far as you can. Land on your left leg in a slight squat and bring your right leg behind.
- As soon as you land, leap straight across to the right, performing the same action on the other side.
- Repeat the move continuously.

SAFETY TIP
Keep your gaze forward rather than looking at the floor



BOX JUMP

Areas trained: **BOTTOM, LEGS**

Technique

- Stand with a box or deck in front of you.
- Jump onto the box and land softly.
- Jump back to the start and repeat.

SAFETY TIP
You can step off the box if this feels safer



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A-list abs in 8 moves

Want the stomach of a celeb without the endless crunches? A-list trainer Scott Laidler shows you how

Off to an exotic location where you'll be spending more time in your bikini than you will fully clothed?

Looking forward to sporting those crop tops all summer long? Then you'll want to flaunt your abs with confidence.

Celebrity personal trainer Scott Laidler works with clients who are under pressure to look their best regardless of how much time they have to train, which is why his fab online programme is such a hit.

Not only does it make his workouts accessible to those of us on a bit of a tight schedule, but it also means that you can get a taste of his impressively effective training regimes at a fraction of the price!

Want to sample Scott's expertise for free? This routine will get your stomach slender and abs defined for summer. And, the best part is, it makes the most of *all* kinds of exercises – not just boring crunches and sit-ups – to chisel your middle into shape.

HOW TO DO IT

Perform one set of the allotted reps for each exercise, then move on to the next exercise. Once you've completed the circuit, repeat. Do a total of 3 sets.



DEADLIFT

Areas trained: **BOTTOM, THIGHS, BACK, CORE, STOMACH**

Beginner: 12-15 reps

Intermediate: 10 reps with added weight

Advanced: 6-8 reps and further increase the weight

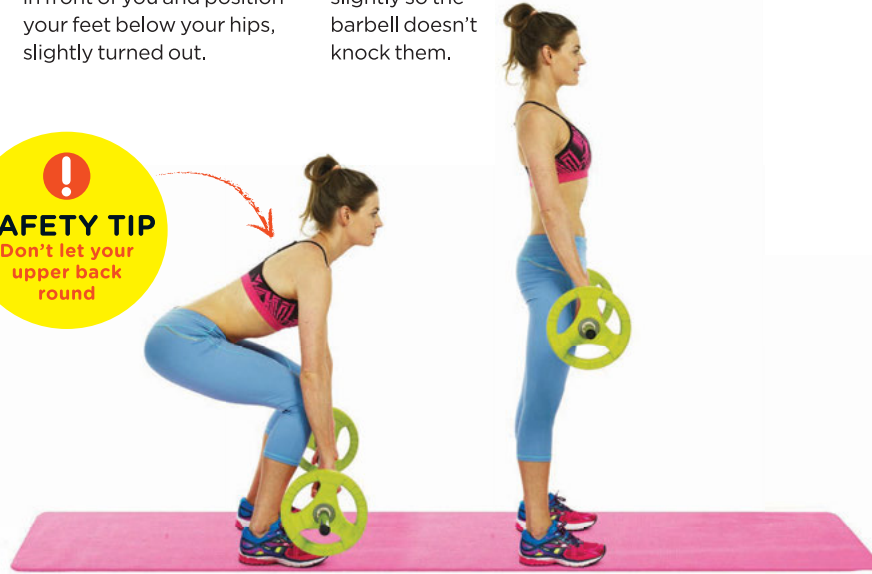
Technique

- Place a barbell on the floor in front of you and position your feet below your hips, slightly turned out.

- Squat down to the barbell and grasp it with both hands in an overhand grip.
- Begin to push up through the floor to lift the barbell, using the front of your heels. Ensure you flare your knees out to the side slightly so the barbell doesn't knock them.

- Once the barbell is above your knees, drive your hips into it. Pause for about 2-3 seconds.
- Slowly lower the barbell back to the start position. Repeat the move.

SAFETY TIP
Don't let your upper back round



BARBELL SQUAT

Areas trained: **BOTTOM, STOMACH, THIGHS**

Beginner: 12-15

reps with an un-weighted barbell

Intermediate: 10 reps with added weight

Advanced: 6-8 reps with more added weight

Technique

- Holding a barbell on your upper back, bend at your knees and hips to bring your bottom out behind you as low as possible.

- Pause for 2-3 seconds.
- Push up through your heels to return to the starting position and repeat the exercise.

SAFETY TIP
Keep your chest up and your shoulders back



ONE-ARM KETTLEBELL SWING

Areas trained: **BOTTOM, LOWER BACK, STOMACH, HAMSTRINGS**

Beginner: 12-15

reps per arm

Intermediate:

10 reps per arm with more weight added

Advanced: 6-8 reps per arm and further increase the weight

Technique

- Stand with your knees bent and feet slightly wider than shoulder-width apart, holding a kettlebell with one hand. Push your bottom

out and keep your knees bent.

- Extend your hips and legs to push back up, making sure your back is flat, and start to swing the kettlebell through your legs using the momentum to carry it through.
- Raise to chest height and swing back through your legs. Repeat.

SAFETY TIP
Look straight ahead and keep your chest up



EXERCISE : FAB ABS

PLANK

Areas trained: **CORE, STOMACH**

Beginner: 30 seconds

Intermediate: For at least 1 minute

Advanced: For at least 2 minutes

Technique

- Kneeling on the mat, bring your arms forward so you are resting on your forearms.

- Bring both of your legs back so your body weight is supported by your forearms and your toes. Make sure your body is completely straight and that you are contracting your abdominals throughout the whole exercise.

SAFETY TIP

Remember to control your breathing (in through the nose and out through the mouth)



JACK-KNIFE SIT-UPS

Area trained: **STOMACH**

Beginner: 3-4 reps.

Note: only do this the first time round; omit for the final two sets

Intermediate:

5 reps

Advanced:

6-8 reps

Technique

- Lie on your back with your arms overhead and legs fully

extended.

- Simultaneously bring your arms and legs up until your hands are touching your toes.
- Pause briefly, then slowly lower your arms and legs back to the starting position. Repeat this for the allotted reps.

SAFETY TIP

Keep your core engaged throughout to protect your back



RUSSIAN TWIST

Areas trained: **STOMACH, SIDES, SHOULDERS, LOWER BACK**

Beginner:

30 seconds

Intermediate:

1 minute, with an optional further increase in weight

Advanced:

2 minutes, with an optional further increase in weight

Technique

- Sit with your legs bent and

your knees together with your feet flat on the ground. Hold a kettlebell straight out in front of you.

- Rotate your torso and the kettlebell to one side.
- Rotate your entire torso to the opposite side. Repeat this movement.

SAFETY TIP

Make sure your head follows the ball so that you don't strain your neck



SUPERMAN

Areas trained: **STOMACH, LOWER BACK, BOTTOM, THIGHS**

Beginner:

30 seconds

Intermediate:

At least 1 minute

Advanced:

At least 2 minutes

Technique

- Lie flat on your stomach, arms in front of you.

- Simultaneously lift your arms, legs and chest off the floor as far as you can go.
- Pause for 2-3 seconds while contracting your back.
- Lower and repeat.



GET THE LOOK

CLOTHING: Nike bra, £30, nike.com; Lija capris, £66, lijastyle.com; Brooks Ravenna 6 trainers, £110, brooksrunning.co.uk
KIT: Mat, reebokfitness.info; barbell, physicalcompany.co.uk; kettlebell, gorillasports.co.uk



'With these exercises you'll be able to flaunt your abs with confidence'

KETTLEBELL AROUND THE WORLD

Areas trained: **STOMACH, SHOULDERS, CHEST, BICEPS, BACK**

Beginner:

30 seconds per direction

Intermediate:

1 minute per direction, with added weight

Advanced: 2 minutes per direction, with an

optional further increase in weight

Technique

- Stand with legs just wider than shoulder-width apart, hold a kettlebell in front of your waist.

- Start with the kettlebell in both hands then move it in a circle around your body, passing it from hand to hand and making the circles progressively wider as you go.



For one-to-one online personal training with Scott, visit scottlaidler.com. A six-week programme costs £289.

CLICK HERE

EXERCISE : TRENDING NOW



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It might be summer, but this warming Ragdale Hall Spa Cocooning Cinnamon & Nutmeg Relaxing Muscle Soak from M&S is just what the doctor ordered after a gym session.

£7.50, marksandspencer.com

Shake it off

Rest and relaxation may be what you need after hitting the gym, but your muscles will also thank you for a dose of this protein-rich, sugar-free Monkey Nutrition Primal26 shake.

£17.95, monkeynutrition.com



Leg work

These Patagonia Strider Shorts are your summer workout wardrobe essential thanks to the fast-drying, breathable fabric – perfect for staying cool in the heat.

£40, patagonia.com



Prints charming

We Are Handsome's active range features some snazzy prints, but is technical enough to take you through the heat of summer. We love this sweat-absorbing crop top.

£68, wearehandsome.com

#FIT

The kit, gear and accessories we can't get enough of this month

Sixth sense

Let the super-smart Epson Runsense SF-810 be your brains during your run. With a built-in heart rate monitor, GPS and accurate stride sensor, using this little gadget is a no-brainer.

£299.99, epson.co.uk



Step it up

Get the most out of every stride with Adidas' new Ultra Boost running shoes. They actually *return* energy to upgrade your performance! Plus you'll love the stretchy, seamless and snug fit.

£130, adidas.co.uk



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With the unpredictable British weather, Odlo's Helios 2-in-1 Running Jacket should be your new best friend. The super-lightweight shell has cut-outs at the underarms for ventilation and will pack away easily when it gets hot.

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The fast show



Get in and out of the gym quicker than you can say 'beach body'

Only got a little time to dedicate to working out? Don't worry! But to make sure you're making the most of your time, it's important to

keep the intensity high. Getting your heart rate pumping and muscles firing will ensure the after-burn effect really kicks in, so you'll be torching fat for

hours after your session, too. Try this super-quick workout for a quick blitz, but make sure you're using the most challenging weights you can safely manage.

HOW TO DO IT

Use the heaviest weights you can lift, while maintaining good form. Alternate the two moves for 5 reps each, 4 reps each, 3 reps each, 2 reps each and finally 1 rep each, taking as little rest between the moves as possible. Repeat twice more, resting for just one minute between each set.

WEIGHTED SPLIT SQUAT

Areas trained: **BOTTOM, THIGHS**

Technique

- Start in a lunge position, with both legs bent to 90 degrees, and a dumbbell in each hand.
- Push up and

extend both legs, then lower back down again.

- Perform the allotted reps on both sides to complete.

SAFETY TIP
Keep your torso upright and shoulders square throughout



CLEAN AND PRESS

Areas trained: **BOTTOM, LEGS, BACK, CORE, SHOULDERS, UPPER ARMS**

Technique

- Holding a barbell in front of your thighs, palms towards you, bend your legs to create

momentum then row the barbell up toward your chin.

- Rotate your grip to drop your elbows under the barbell.

- Push the barbell up to the ceiling.
- Reverse the movement. That's one rep.

SAFETY TIP
Keep a natural arch in your lower back throughout



POOR ★★☆☆☆ GOOD ★★☆☆☆ VERY GOOD ★★☆☆☆ EXCELLENT ★★☆☆☆ OUTSTANDING ★★☆☆☆

Nail your PB!

Don't let anything stop you reaching your running goals this summer. Whether you're a marathon pro or fun runner, new app InYourStride can help you smash that PB. It's the first app to really understand that everyone is completely unique, and adapts just like a real-life personal trainer to busy schedules, last-minute changes and injury. Amazing, right? Features include an in-app pacer, a race countdown timeline, plus the standard – and ever-useful – GPS and accelerometer systems. It also boasts a database of over 20,000 events worldwide, as well as 3,500 training sessions! Keeping your running on track has never been simpler.

● Free, The App Store



REAL SWEET

by Shauna Sever

► £16.99, available on Amazon

'I have a legendary sweet tooth. In a way that a college kid might brag of his drinking prowess, I can sugar-imbibe you under the table,' begins Shauna Sever in *Real Sweet*. Confirmation that this is by no means a dieting book? I think so. *Real Sweet* is a bakery cookbook as well as a handbook on natural and unrefined sugars. She takes you through all the better-quality options to satisfy your sweet tooth, including turbinado, brown rice syrup and unsulphured molasses. She makes a point of adding that the swaps do not transform the recipes into 'health foods', but can help to boost the nutrient content. And she doesn't disappoint. The Bake Sale and Edible Gifts chapters are full of upgraded classics. If you're a chocoholic, the Dark, Fudgy Muscovado Brownies and Next Level Chocolate Chip Cookies will be your treat of choice for the foreseeable future.

STAR RATING:

★★★★★

Lisa Nguyen

Reviews

All the latest releases tried and tested for you by team WF

READER REVIEW

THE BADASS BODY DIET

by Christmas Abbott

► £16.99, available on Amazon

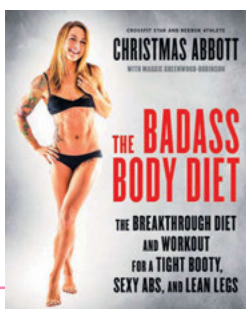
Tackling the big F-word (the other one) throughout her refreshing guide to diet and exercise, celebrity trainer Christmas Abbott promises readers 'the butt and body of their dreams' provided they follow one of the targeted plans in her book. Quashing the common misconception that dietary fats are bad for the body, the author encourages the consumption of the macronutrient, while also teaching readers how to spot-reduce

visible fat via a range of easy-to-follow exercises. Focusing on the glutes, she shows readers how to tone, tighten and firm the muscle group, plus explains how to select the right foods for the perfect derrière. Promising to zap cellulite, banish body fat and improve overall health, *The Badass Body Diet* is a must-read this summer.

STAR RATING:

★★★★★

Amy McConnell, London



AIM: APP TO IMPROVE MOTIVATION

► £2.29, The App Store and Google Play

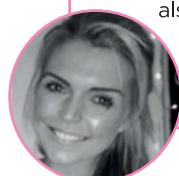
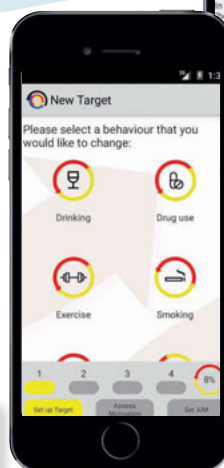
This isn't just an app for short-term change but rather a tool to improve behavioural patterns that affect your health. It's designed by clinicians with over 30 years' experience, so don't be surprised by how extensive the initial personal assessment is! It can help you with anything from smoking or drinking to creating an equal balance between your work and personal life. I chose to

improve the amount of exercise I do but the app goes a lot further than just providing you with a target. It gets you to set weekly tasks and there are four motivational exercises to help you stick to them. Another feature is the emergency button, which you can use when you're not feeling as strong-willed and need support from a friend or professional. If you really want to kick a habit without a hefty bill, give this app a try.

STAR RATING:

★★★★★

Lisa Nguyen



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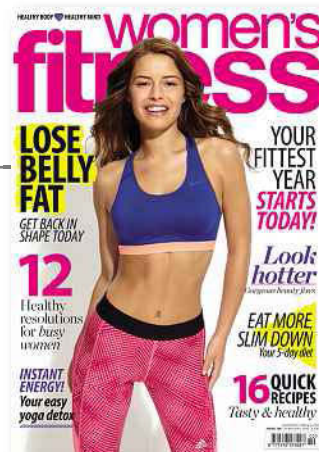


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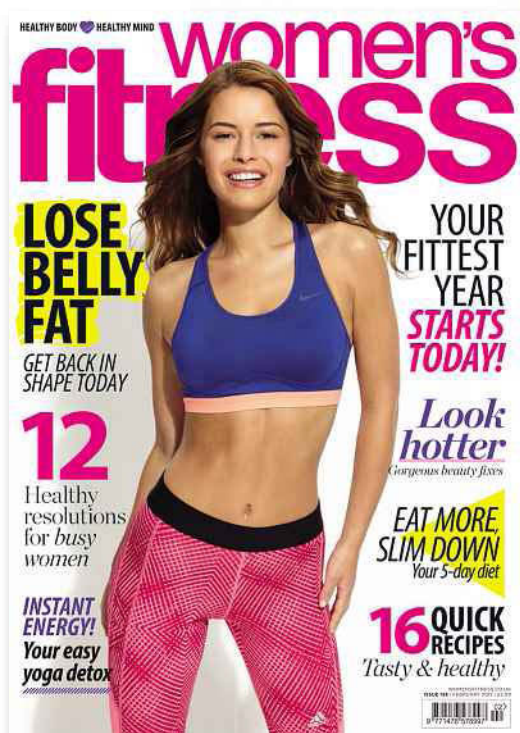
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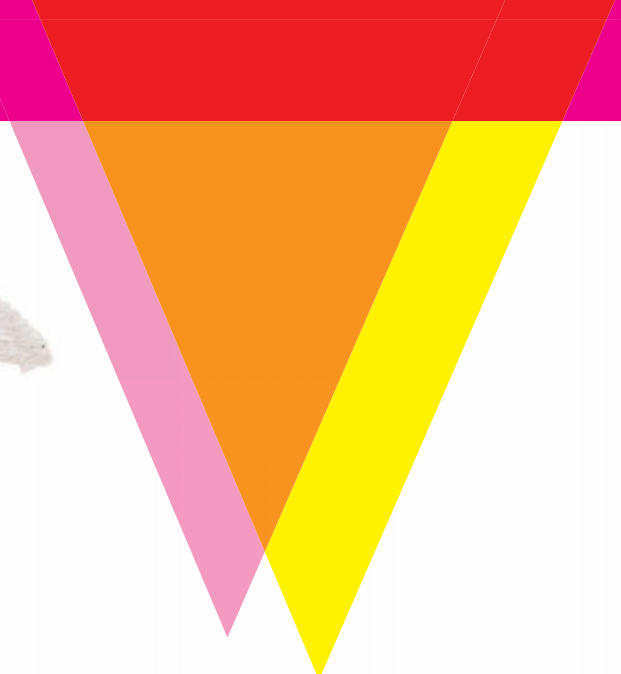
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Summer is just around the corner! So, if you want to bag yourself a flat tum for the beach, we've got everything you need to look honed and toned in time for your getaway! Get ready to melt fat, tone up and feel amazing!



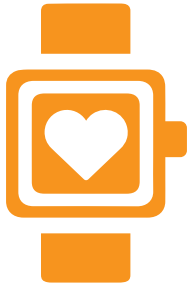
OPERATION BEACH BODY

On a mission to give yourself a full-body overhaul in time for summer? Follow these top tips

Hands up if you want to beat the pounds and boost your wellbeing in time for your summer holiday! Thought so. To hit the beach looking your best, revamping your diet and fitness routine is the first place to start.

Summer is the perfect time to get moving and recharge your diet – the weather's perfect for outdoor activity and you're no longer craving the comfort foods of the chilly winter months. To tone up your trouble spots and keep your body's fat furnace burning, stepping up your routine is a must – and nothing gets better results than a heart-pumping total-body bootcamp workout you can do anywhere (page 67). Combine this with wonderfully nutritious foods (page 62) for a powerful

detox that will work wonders on your figure. Get started here with five infallible tips to get you feeling better in your own skin and snap you into shape quicker than you can say, 'pass the sun lotion'.



UP THE FITNESS ANTE

Here at *WF*, we're always banging on about interval training – and for good reason. It's hard work but hear us out: it's all to do with the afterburn effect, which is when you're still burning calories long after your workout is over. 'Essentially, for your body to return to its resting state, you burn an extra five calories for every litre of oxygen you take in,' reveals personal trainer and founder of Always Active Athletics, Josh Anderson (alwaysactiveathletics.com). 'To ignite the afterburn and work towards that bikini body, exercise at a high intensity for at least 20-30 minutes while maintaining proper form.'



GET YOUR WORKOUT IN ORDER

Want to pare down a podgy tum? Make sure you begin your fitness routine with strength training before continuing with cardio. 'When you strength train, you want to start with maximum energy so your muscles can exert as much force as possible,' explains Josh. 'If you perform cardio first, this will deplete your stores. After tapping your energy stores through strength training, your body will turn to fat as a fuel source during cardio.' Remember to keep it simple for the best results: 'Start with full-body high-intensity strength-training workouts three to four times a week,' adds Josh. 'They're straightforward workouts, but they lead to great results.'

BLAST AWAY THE BLOAT

The supermarket aisles are flooded with all manner of superfoods, but if you're looking for one miracle buy, choose aloe vera. Typically used as a topical agent that helps fight sunburn and other skin irritations, aloe vera contains goodies that also make for a fab diet aid. 'This amazing plant juice helps ease the bloat by aiding digestion and reducing inflammation,' says nutritionist and personal trainer Lindsay Holden (purelifestyles.co.uk). 'It is also a powerful cleanser as its mucous texture picks up toxins as it passes through the system.' Drink it neat or add it to smoothies and take full advantage of the plant's powers.

ELIMINATE THE BADDIES

Cutting out the bad stuff is the smartest way to melt away the pounds. So, out with the caffeine, alcohol and



processed foods and in with herbal teas and whole foods. 'It's also worth keeping a food diary,' advises Lindsay. 'All too often you forget that extra biscuit or inhale a second helping at lunch without a thought. Keeping a log of what you are eating will increase your awareness and ensure you aren't going overboard or snacking on the wrong things.'



CHOOSE YOUR FRUIT

If you want to burn calories, look to your fridge to boost your body's fat-burning potential. Abstain from refined carbs and fill up on tropical treats such as pineapple and papaya instead. These are not only tasty, they also contain an enzyme called papain, which helps improve digestion. But don't go overboard. 'Keep sugars in check: opt for veggies such as broccoli, kale, cauliflower and spinach, and stick to lower-sugar fruits such as berries, apples and pears,' says Lindsay.



5 SUMMER SETBACKS - SUSSED!

We know, life feels really wonderful when the sun is out. Just watch out for these summer traps

1 'IT'S TOO HOT'

Together, heat and humidity can be oppressive. So, if it's too hot to take your workout outside, head to an air-conditioned gym instead! If you get bored on the gym floor, why not hit the pool instead?

2 'BUT THOSE RIBS ARE SOOOO GOOD'

Barbecue season is under way but firing up the grill could be the reason you're not shifting those last few pounds. To cut back on calories go easy on the grilled meat, creamy sauces and buns and fill up on fresh salads, fish and grilled veggies.

3 'LET'S MAKE THE MOST OF THE DAYLIGHT'

Dining al fresco is a summer must as the days get longer and warmer, but if you're living the good life and eating out more frequently, you're probably consuming too many calorie-laden foods. Take advantage of seasonal dishes and order light meals such as healthy salads and grilled fish rather than pasta.

4 'I'LL HAVE THE 99 PLEASE'

Nothing says summer like ice cream but it's all too easy to indulge on gelato when the sun is shining. Opt for healthier treats such as fruit sorbet or homemade smoothies to load up on nutrients.

5 'JUST ONE MORE MOJITO'

Longer days usually means a heaving social calendar. But one too many bevies won't help you achieve your slim-down goals. When you're out, keep calorie laden cocktails to a minimum and order fresh juices or clear spirits. And alternate each drink with a glass of water to stay hydrated and keep hangovers at bay. 



Your get-slim meal plan

**Lose 4lb in 14 days
with nutritionist Louise
Pyne's bikini-body diet**

If getting healthy and slimming down are on the top of your summer to-do list, we are here to help you get started asap.

This two-week plan allows three square meals plus two snacks every day – and, best of all, twice a week you get to enjoy a healthy dessert too! The meal plan is designed with low-sugar foods rich in satiating protein and fibre to keep you full and satisfied. There are also ‘free’ foods that you can eat in unlimited amounts – for these, there are no specific portion sizes listed on the plan.

The aim is to follow the meal plan alongside our 14-day fitness routine on page 67 to help you lose up to 4lb. For extra oomph, follow our golden diet rules (opposite page) and invest in our top products to make healthy eating even more of a pleasure.



This meal plan is designed with low-sugar foods rich in protein and fibre to keep you full and satisfied'

5 GOLDEN RULES

Follow these simple steps to diet success

1 STOCK UP YOUR KITCHEN CUPBOARDS

Successful weight loss always comes down to meticulous planning. Before the start of each week scour your kitchen shelves and make a shopping list of everything you need. That way, when you hit the supermarket, you'll be less tempted to pick up treats.

2 DRINK WATER

We often confuse dehydration with hunger, so making sure you're drinking enough water is an easy way to keep your tummy satisfied without going overboard on the food. Drink around two litres of water throughout the day, adding a slice of lemon to help ease bloating.

3 CUT OUT THE BAD STUFF

As with any balanced eating plan, you need to eat more

of the good stuff and limit the bad. This means caffeine, alcohol and refined sugars are all out as they cause yo-yoing blood-sugar levels, which leads to weight gain.

4 SNACK REGULARLY

Snack time is a very important part of a balanced diet as it helps to curb hunger between meals and prevents overeating. Aim to have two snacks a day (one around mid-morning and one around mid-afternoon), choosing different options from our snack list every day.

5 KEEP A FOOD DIARY

Grab a pen and journal or use an app to make the most out of your meals. Keeping a daily food diary will help you to register how you feel before, after and during meals, which will help you keep tabs on your progress.

THE 2-WEEK DIET

Follow this tasty meal plan and watch the pounds drop off!

DAY 1

BREAKFAST

Egg muffin

► Poach 2 eggs and place on a wholemeal muffin with 1 large sliced tomato and unlimited steamed spinach.

LUNCH

Rainbow quinoa salad

► Cook 50g quinoa and place in a bowl with 2tbsp edamame beans, 1 grated carrot, 1 beetroot, half a diced yellow pepper and half a diced red pepper. Dress with the juice of half a lemon and 1tbsp flaxseed oil.

DINNER

Healthy burrito bowl

► Chop 1 baby gem lettuce and place in a bowl. Top with 50g brown rice, quarter of tin of black beans and 2tbsp tomato salsa. Top with 15g grated cheese.

DAY 2

BREAKFAST

Bran flakes with almond milk

50g bran flakes with 1 small chopped banana, 100ml of almond milk and 4 strawberries.

LUNCH

Superfood salad

Combine 50g cooked quinoa with a bunch of steamed kale, 1 grated carrot, 2tbsp flaked almonds, 3 cherry tomatoes and 2tbsp blueberries. Dress with 1tbsp olive oil or chia seed oil.

DINNER

Spicy Indian tofu with brown rice

Sauté 1 red onion and 1 garlic clove. Add ½tsp turmeric, ½tsp garam masala, ½tsp cumin powder and 1 green chilli diced and deseeded. Pour in half a tin of chopped tomatoes and 100g tofu, cubed. Garnish with coriander and 1tsp roughly chopped cashew nuts. Serve with brown rice.

DAY 3

BREAKFAST

Summer berry parfait

► Layer 1 small pot of natural Greek yoghurt in a tall glass with 50g low-sugar granola and top with blueberries and raspberries.

LUNCH

Falafels with tabbouleh

► Serve 3 falafels with homemade tabbouleh made from a bunch of parsley, 4 cherry tomatoes, diced cucumber and 50g cooked quinoa. Toss in 1tsp olive oil and the juice of half a lemon.

DINNER

Mushroom and spinach omelette with salad

Sauté 3 chestnut mushrooms, sliced with some spinach. In a bowl, beat two eggs and then ladle in with the veg and cook until brown. Serve with a salad.

DESSERT

Chocolate

► 15g dark chocolate (minimum 70 per cent cocoa solids).

DAY 4

BREAKFAST

Grain-free pancakes

► Mash 1 small banana and combine with 2 egg whites, 1tsp nut butter and a pinch of nutmeg and cinnamon. Ladle the batter into a saucepan and cook on both sides. Top with 2tbsp Greek yoghurt and mixed berries.

LUNCH

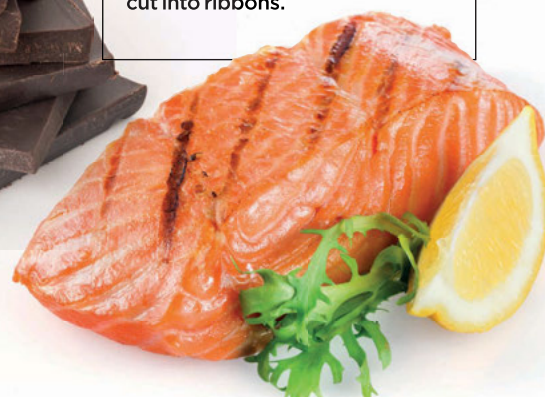
Salmon with brassicas

► 1 salmon fillet with steamed kale, cauliflower and broccoli.

DINNER

Beef meatballs with courgette noodles

► Cook 3 beef meatballs with 1 chopped onion and 1 crushed garlic clove, half a tin of chopped tomatoes and some parsley. Serve with 1 large courgette cut into ribbons.





DAY 5

BREAKFAST Wholemeal bagel with scrambled egg

► Scramble 2 eggs and serve on a toasted wholemeal bagel.

LUNCH Cheesy sweet potato

► Cut 1 sweet potato in half and

bake in the oven. Once cooked, scoop out the flesh and mix with 2tbsp tomato purée. Refill the sweet potato skins with the mixture and top with 30g mozzarella pieces. Place in the oven until the cheese has melted and serve with a side of broccoli.

DINNER Chicken breast and greens

► Grill 1 chicken breast and serve with unlimited steamed kale, green beans and peas.



DAY 7

BREAKFAST Oaty crunch

► Crumble 2 oatcakes into a small pot of Greek yoghurt and top with 1 chopped apricot and 2tbsp sunflower seeds.

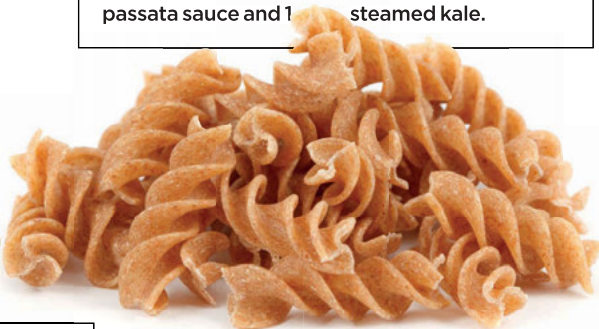
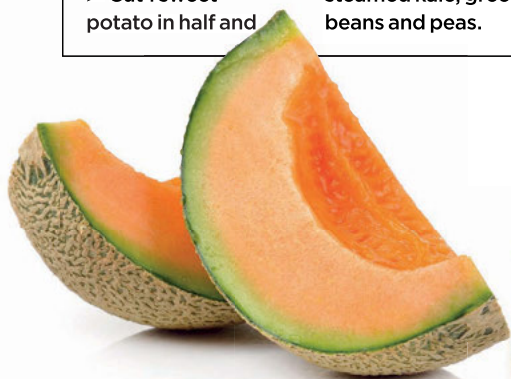
LUNCH Pasta with chicken and tomato passata

► Cook 60g pasta (wholemeal) and serve with half a jar of passata sauce and 1

cooked chicken breast, diced. Serve with a green salad.

DINNER Turkey chilli

► Sauté 100g turkey mince with 1 chopped onion and 1 crushed garlic clove. Add ½tsp chilli powder, half a tin of chopped tomatoes and 1tsp balsamic vinegar. Reduce the heat until the sauce is thickened. Top with 1tbsp sour cream and serve with unlimited steamed kale.



DAY 6

BREAKFAST Yoghurt-filled cantaloupe melon

► Cut 1 small cantaloupe melon in half and deseed. Fill the centre hole with 3tbsp Greek yoghurt and top with mixed berries and 2tbsp pumpkin seeds.

LUNCH Lentil soup

► 1 carton of lentil soup served with 1 wholemeal roll.

DINNER Sweet potato and bean stew

► Sauté 1 chopped onion and 1 crushed garlic clove with 1tsp cumin. Add 250ml vegetable stock, half a tin of cannellini beans and 1 small sweet potato, diced. Bring to the boil and then simmer until the sweet potato is soft.

DESSERT Cinnamon apple

► Bake 1 apple with a pinch of cinnamon in a pre-heated oven. Serve with 1tsp crème fraîche.



DAY 8

BREAKFAST Boiled eggs with rye toast

► Softly boil 2 eggs and serve on 1 slice rye bread.

LUNCH Mexican-style wrap

► In the oven, roast half a sweet potato and ½ a red pepper with a pinch of paprika. Once cooked, place in a bowl with 1tbsp black beans, 1tsp olive oil and 1tsp dried mixed herbs. Fill a wholemeal wrap with the vegetable mix.

DINNER Spaghetti Bolognese

► Sauté 100g beef mince with 1 chopped onion, 1 crushed garlic clove and half a jar of fresh Bolognese sauce. Serve with 1 courgette cut into ribbons.

DESSERT Yoghurt and dates

► 2 dates, chopped. Serve with 2tbsp Greek yoghurt.

DAY 9

BREAKFAST Breakfast smoothie

► Blend together 250ml coconut milk with 1 small banana, 4 strawberries, 1tsp nut butter, 2tbsp mixed seeds and a pinch of cinnamon.

LUNCH Falafels with tabbouleh

► Serve 3 falafels with homemade tabbouleh made from a bunch of parsley, 4 cherry tomatoes, diced cucumber and 50g cooked quinoa. Toss in 1tsp olive oil and the juice of half a lemon.

DINNER Cod with roasted asparagus

► 1 cod fillet served with 5 roasted asparagus spears, steamed kale and 1 grilled tomato.

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DAY 10

BREAKFAST Muesli with milk

➤ 50g sugar-free muesli with 70ml almond milk.

LUNCH Cheesy stuffed avocado salad

➤ Cut one avocado in half and take out the stone. In a bowl mix together 50g feta cheese, 3 cherry tomatoes, half a yellow pepper, diced, and 1 chopped red onion, and mix with 1tbsp olive oil. Top each avocado half with the salad and garnish with parsley and the juice of half a lemon.

DINNER

Sweet potato fries with bean burgers

➤ Cut one small sweet potato into fingers and roast in the oven. To make the bean burgers, mash together quarter of a tin of butter beans, 1 small steamed carrot, 1tbsp peas and half a courgette, grated. Combine with one beaten egg and pan-fry. Serve with unlimited steamed broccoli.



DAY 11

BREAKFAST Paprika-spiced tofu scramble

➤ Crumble 100g tofu and add to a saucepan with a pinch of paprika. Cook until the tofu is slightly browned. Serve with 4 grilled cherry tomatoes and unlimited steamed spinach.

LUNCH Turkey chilli

➤ Sauté 100g turkey mince with 1 chopped onion and 1 crushed garlic clove. Add ½tsp

chilli powder, half a tin of chopped tomatoes and 1tsp balsamic vinegar. Reduce the heat until the sauce is thickened. Top with 1tbsp sour cream and serve with a side of unlimited steamed kale.

DINNER

Prawn and ginger stir-fry

➤ Sauté 1 chopped red onion and 1 crushed garlic clove. Add 100g prawns and half a packet of stir-fried vegetables. Pour in 1tbsp soya sauce,

1tsp flaked almonds and some coriander. Serve with 1 large courgette cut into ribbons.



DAY 12

BREAKFAST Greek yoghurt parfait

➤ Layer 1 small pot of natural Greek yoghurt in a tall glass with 50g low-sugar granola and top with blueberries and raspberries.

LUNCH Tuna salad sandwich

➤ Fill 1 wholemeal pitta bread with 1 small tin of tuna, 1 spring onion, chopped, 3 cherry tomatoes and rocket leaves.

DINNER Turkey chilli

➤ Sauté 100g turkey mince with 1 chopped onion and 1 crushed garlic clove. Add ½tsp chilli powder, half a tin of chopped tomatoes and 1tsp balsamic vinegar. Reduce heat until thickened. Top with 1tbsp sour cream and serve with a side of steamed kale.

DESSERT Strawberries

➤ 4 strawberries dipped in 15g melted dark chocolate (minimum 70 per cent cocoa solids).





DAY 13

BREAKFAST Tropical sundae

► Whip ½ a tin of coconut milk. Place half the whipped coconut milk in a tall glass and layer with 50g cubed pineapple and 50g cubed papaya. Add the remaining whipped milk then drizzle over 1tbsp mango purée.

LUNCH Superfood salad

► Combine 50g cooked quinoa with a bunch of

steamed kale, 1 grated carrot, 2tbsp sliced almond, 4 cherry tomatoes and 2tbsp blueberries. Dress with 1tsp olive oil or chia seed oil.

DINNER Tuna pasta bake

► Cook 50g wholemeal pasta and combine with a small can of tuna and half a can of chopped tomatoes. Add unlimited steamed broccoli and place in an ovenproof dish. Top with 20g grated Parmesan and place under the grill until melted. Serve with a green salad.



DAY 14

BREAKFAST Nutty porridge

► Cook 50g oats in 70ml almond milk and top with 1tbsp flaked almond and 1tbsp flaxseeds.

LUNCH Turkey and apple wrap

► Fill a wholemeal wrap with 85g turkey breast slices, watercress, 4 slices of apple, 1 slice of cheese and 1tsp crème fraîche.

DINNER Sweet potato and bean stew

► Sauté 1 chopped onion and 1 crushed garlic clove with 1tsp cumin. Add 250ml veg stock, half a tin of cannellini beans and 1 sweet potato. Bring to the boil and simmer until soft.



SNACK OPTIONS

Choose two a day from our healthy suggestions below

- 100g plain popcorn
- 2 wholegrain crackers with 2 cheese slices
- 6 olives with 15g cheese
- 1 large hard-boiled egg
- 1 pear with 2tbsp mixed seeds
- 1 apple with 1tbsp nut butter
- 1 banana with 1tbsp nut butter
- 50g red grapes with 1tbsp almonds
- 1 raw pepper cut into sticks and served with 2tbsp houmous
- 1 peach and 1tbsp Brazil nuts
- 2 figs and 1tbsp cashew nuts
- 1 small pot of Greek yoghurt
- 1 avocado with 2tbsp mixed seeds
- 2 oatcakes with 2tbsp cottage cheese

3 buys to make it even easier!

1 INFUITION WATER BOTTLE

Stay healthy without sacrificing taste. Infuition's fruit infusing water bottle allows you to slice up your favourite fruits, veggies or herbs and place in the bottle's special fruit chamber to create your own naturally flavoured water.

£17.99, infuition.co.uk

2 VINTAGE SHOP SCALES

Far too pretty to hide in a cupboard, these vintage scales deserve a spot on your kitchen worktop for everyone to see. A must for all budding cooks!

£49.95, dotcomgiftshop.com



3 OCCA-HOME WIREWORKS LOVE CHOPPING BOARD

Bring a touch of love to your home and healthy meals with this quirky heart-shaped wooden chopping board.

£25, occa-home.co.uk

BIKINI BOOTCAMP

Forget months of stuffing yourself with salad leaves and pounding the treadmill. With our 14-day plan, you'll be a beach goddess in a flash

Whether you've got hourglass curves or you're built like an athlete, you can get into your best shape ever this summer with the right workout.

'Everyone has a different perception of the perfect physique, and that's great,' says personal trainer Dan Lawrence (danlawrencetraining.com). 'But, whatever your body shape, if you want to look toned, your best bet is with a structured training plan. This should include sessions that incorporate strength-based exercises, high-intensity total-body movements and core work.'

A training schedule that focuses on burning fat, building lean muscle and boosting metabolism will fast-track you to bikini confidence this summer. So follow Dan's beach-body workout – it's a surefire way to get you looking your best in no time at all.

Follow Dan on Instagram and Twitter (both @[danlawrencetraining](https://twitter.com/danlawrencetraining)) for more tips on staying in shape this summer.



YOUR 2-WEEK BIKINI BLITZ

Follow this plan and see the results!

HOW TO: INTERVAL TRAINING

Warm up with 5 minutes of easy work, then alternate increasing and decreasing speed or resistance every 2 minutes, finishing with a 5-minute cool-down.

	BEGINNER	INTERMEDIATE	ADVANCED
DAY 1	Bikini workout	Bikini workout	Bikini workout
DAY 2	Interval training: 30 mins rower	Interval training: 30 mins rower/treadmill	Interval training: 40 mins rower/treadmill
DAY 3	Bikini workout	Bikini workout	Bikini workout
DAY 4	Rest	Rest	Rest
DAY 5	Bikini workout	Bikini workout	Bikini workout
DAY 6	Rest	Rest	Rest
DAY 7	Yoga class	Yoga class or interval training: 30 mins rower/treadmill	Interval training: 40 mins rower/treadmill
DAY 8	Bikini workout	Bikini workout	Bikini workout
DAY 9	Interval training: 30 mins rower	Interval training: 30 mins rower/treadmill	Interval training: 40 mins rower/treadmill
DAY 10	Bikini workout	Bikini workout	Bikini workout
DAY 11	Rest	Rest	Rest
DAY 12	Bikini workout	Bikini workout	Bikini workout
DAY 13	Rest	Rest	Rest
DAY 14	Yoga class	Yoga class or interval training: 30 mins rower/treadmill	Interval training: 40 mins rower/treadmill

A1: ONE-LEG DEADLIFT

Areas trained: **BOTTOM, HAMSTRINGS, LOWER BACK**

Technique

- Stand on one leg and hold a dumbbell in the opposite hand to your standing leg. Keep your back straight, abs tight and shoulders back.
- Lower your upper body by hinging at your hip, and bring the dumbbell down along the shin of your standing leg.

- Push your hips back and bend your knee slightly.
- Lengthen your suspended leg back to bring it in line with your upper body.
- Come back up to the starting position.

SAFETY TIP
Keep your shoulders rolled back throughout



HOW TO DO IT

Warm up with some easy mobility work (such as walking lunges, squats and high-knee marching). Then perform the moves in this sequence, following the instructions for your level. Each group of

exercises should be performed as a superset. This means you perform all moves in the group back-to-back before taking a rest. Remember to do one set of reps on each side where appropriate – for the one-leg deadlift for example – without resting inbetween.

A1: ONE-LEG DEADLIFT

Beginner: 3 x 8 reps

Intermediate/advanced:

4 x 10 reps

Rest: 60-90 secs

B1: GOBLET SQUAT

B2: GLUTE BRIDGE

Beginner: 4 x 8 reps

Intermediate/advanced:

4 x 12 reps

Rest: 2 mins

C1: REVERSE BARBELL LUNGE C2: PALOF PRESS

Beginner: 3 x 8 reps

Intermediate/advanced:

4 x 12 reps

Rest: 1 min 30 secs

D1: KETTLEBELL SWING

D2: PRESS-UP BURPEE INTO MEDICINE BALL POWER SLAM

D3: COUNTER MOVEMENT JUMP

Beginner: 3 x 10 reps

Intermediate/advanced:

4 x 10 reps

Rest: 1 min 30 secs

B1: GOBLET SQUAT

Areas trained: **BOTTOM, THIGHS, CORE**

Technique

- Hold a dumbbell or kettlebell in both hands with your feet positioned wider than shoulder-width and your toes slightly turned out.
- Lower your bottom and hips down and out as if you're sitting on a chair.
- At the bottom, brush your elbows down the inside of your legs, driving your knees out.
- Extend back up to the starting position, contracting your glutes at the top.

SAFETY TIP
Keep your spine neutral and chest up when lowering



SAFETY TIP
Be careful not to overextend your lower back



B2: GLUTE BRIDGE

Area trained: **BOTTOM**

Technique

- Sit on the floor, supporting your head, neck and upper back on a bench, with your legs bent and feet in front of you. Rest a barbell on the soft part of your hips.
- Drive up through your heels, raising your hips as high as possible, while keeping the barbell in place with your hands.
- Relax and lower back to the start, maintaining control the whole time.

C1: REVERSE BARBELL LUNGE

Areas trained: **BOTTOM, THIGHS, CORE**

Technique

- Rest a barbell on your shoulders.
- Take a big step backward, bending both legs to 90 degrees, but making sure the back knee doesn't touch the floor.
- Drive back up to bring your feet together again.



C2: PALOF PRESS

Areas trained: **CORE, SIDES**

Technique

- Attach a resistance band to an anchor to the side of you at chest height. Hold the band in

front of your chest with both hands. There should be tension in the band.

- Push the band straight out in

front of you, resisting its pull to the side.

- Hold for about 5 seconds then return to the start.

SAFETY TIP
Keep your hips and torso square throughout



D1: KETTLEBELL SWING

Areas trained: **BOTTOM, THIGHS, CORE, BACK**

Technique

- Stand holding a kettlebell with both hands. Hinge at your hips and knees to bring the kettlebell between your legs.
- Using your hips to generate power,

extend your body to snap back up, arms extended out in front of you.

- As the kettlebell comes back down, bend at your knees and hips again, to swing back into another rep.

SAFETY TIP
Use momentum from your hips and glutes - this isn't an arm exercise



D3: COUNTER MOVEMENT JUMP

Areas trained: **BOTTOM, LEGS**

Technique

- Standing with a box in front of you, squat down.
- Explosively jump up on to the box,

landing with your legs bent.

- Stand up to squeeze your glutes.
- Step back off the box.

HOT TIP
Plyometric (explosive) exercises are a great way to combine cardio and resistance training, burning fat and building strength simultaneously



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D2: PRESS-UP BURPEE INTO MEDICINE BALL POWER SLAM

Areas trained: **CHEST, TRICEPS, SHOULDERS, CORE**

Technique

- Start in a crouch position with a medicine ball in front of you. Then jump your feet back into plank position.

- Bend your elbows to lower your chest to the floor, keeping your elbows tight to your body.
- Pause for one second and push

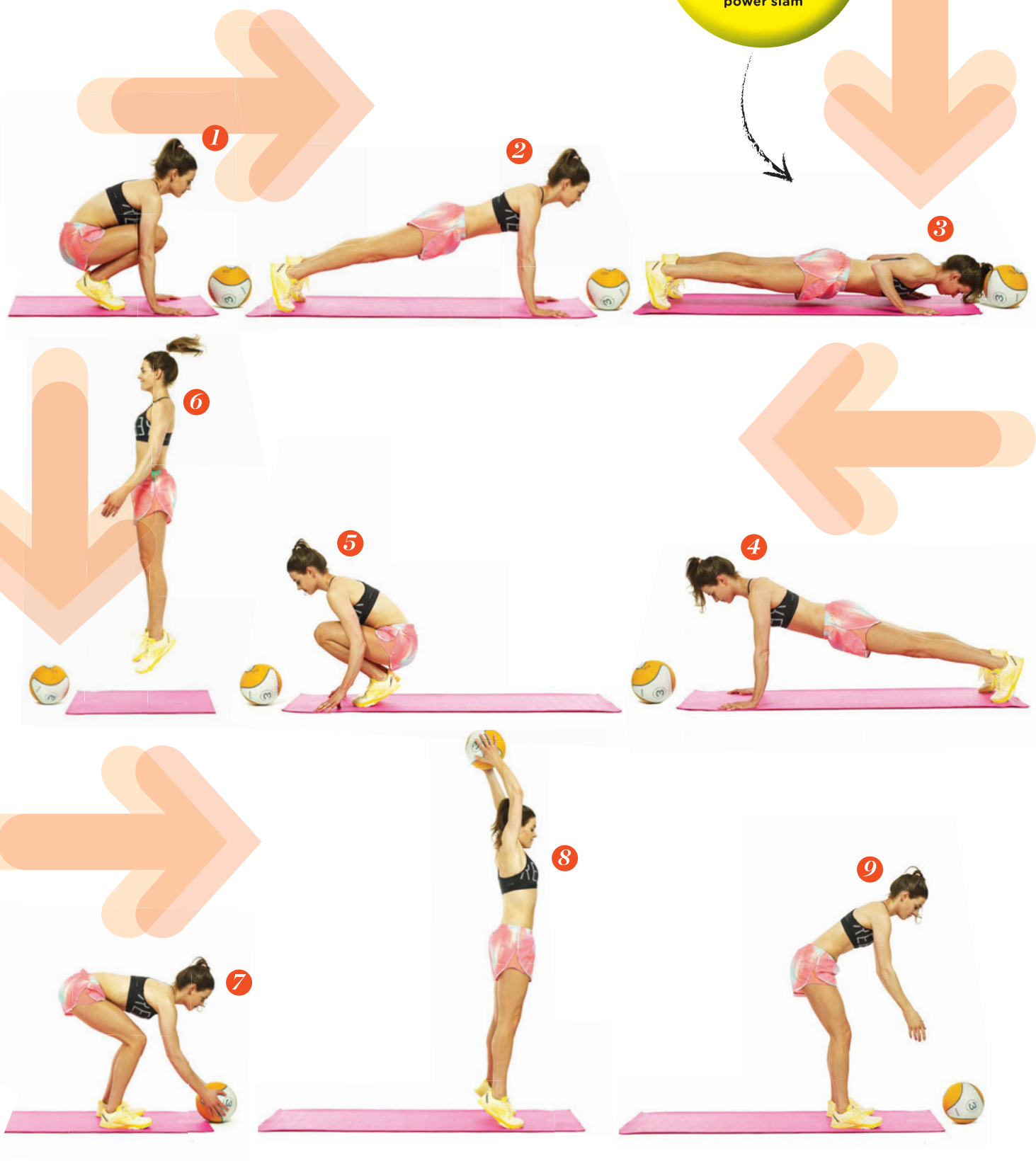
yourself back up to the start.

- Jump your feet to your hands.
- Jump up as high as you can, then land with bent knees and take

hold of the medicine ball.

- Take the medicine ball overhead, then slam it as hard as you can to the floor. Go back to the start.

SAFETY TIP
If the press-up is too hard, do it with your hands on a bench (without dropping to your knees) and skip the power slam



Sunkissed style

● Bikini top, £64.99
and bottoms,
£37.99, O'Neill

GOLDEN GIRL

*Live for the sun, sea and sand? Hit the beach
in an eye-catching two-piece this month*





Opposite page
● Bikini top, £28.58,
and bottoms,
£19.04, Aerie

This page
● Bikini top, £45,
and bottoms,
£40, Sweaty Betty
● Necklace, £70,
MeMe London

Opposite page
● Bikini top, £45,
and bottoms
(not seen),
£45, Lululemon

This page
● Bikini top,
£22.22 and
bottoms,
£19.04, Aerie
● Necklace, £70,
MeMe London



STOCKISTS

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O'Neill **Urban Outfitters**

Sweaty Betty sweatybetty.com

● Bikini top, £52,
and bottoms,
£45, Lululemon

Features

80 Fitness heroine // 81 Banish negative thinking

FEEL ACE!

This month we chat to adventure race queen Sarah King. Using mud, gladiators and a giant slide she has created a fun, but challenging, obstacle race suitable for all levels. Plus, we help you keep negative thoughts at bay by teaching you the secrets of the mentally strong. Just think, 'what would Beyoncé do?'

PICTURE: SHUTTERSTOCK



'To say it was a baptism of fire is a huge understatement'

WF caught up with adventure race organiser Sarah King to find out why she loves getting stuck in the mud

Splashing through mud and powering over and under seemingly insurmountable obstacles can turn your average 10K into an awesome adventure – which is precisely why Sarah King loves it so much!

How did you get involved in obstacle racing?

I've been in the obstacle racing industry for six years now. I have always been passionate about the outdoors and fitness. So, after four years in corporate event management, I thought it was about time I combined my two passions. I took on a role running the events department at a national fitness company. Within a month of being there,

I decided to try out one of the UK's obstacle races – Tough Guy. I went, blissfully unaware of what lay ahead. To say it was a baptism of fire is a huge understatement, as it is one of the toughest challenges I've ever done. I then set about creating a new race for the company which, within two years, became the third largest in the UK. It won 'Best Trail Race' at the National Running Awards in 2014, and it was at this point that I decided to take the plunge and set up a race of my own.

What inspired you to develop the Gauntlet Games?

I felt many obstacle races were intimidating to those who have never taken part in one before – and particularly to women. I wanted to create an experience that was a bit like a playground for adults. Our obstacles include a giant slide,

a ball pool and inflatables. All the obstacles also involve getting past one of our Gladiators!

What makes a great obstacle race?

Interacting with your fellow participants is essential at an obstacle race. We also wanted every obstacle to put a smile on people's faces so we decided to put Gladiators at each of them – you simply can't avoid interacting with each other at an obstacle that involves another human being! Our Gladiators are fantastic – they are there to provide a challenge, but also to give some friendly banter.

What's your favourite Gauntlet Games obstacle and why?

It has to be our giant slide – it's impossible not to have fun on this. We had such amazing feedback about it at our

TWEET
@GauntletGames14



inaugural Games in September 2014 that we have decided to double its length to 50m!

What's the toughest thing about organising a race?

The point where the race is over can be challenging. Those final few hours of clearing up, returning to base, packing, unpacking and organising – when your body is physically exhausted – can be tough.

What's the best bit?

I love the variety – each day is completely different. I particularly like the creative aspect of designing the games and obstacles. I try to shift my mindset back to when I was a child, where rather than taking the easy, boring route down the pavement I'd jump on walls, vault fences and slide down railings.

How do you stay in shape?

At the moment I keep fit with a combination of off-road running, Pilates, high-intensity interval training, cycling and swimming. I've always been an active person and use every opportunity to get out into the mountains or to the coast. I've also set myself the challenge of completing my first half-Ironman in the next year.

What's next for you?

I have lots of plans for Gladiator Events – the company behind the Gauntlet Games. We put together bespoke fundraising challenges for charities and we have several fundraising events taking place this year. I'm also getting married in September so it's non-stop for me!

Fast talk

Make-up bag essential?
Red lippy to brighten up an outfit!

Fave running tune?
Public Enemy - Harder Than You Think.

Desert island essentials?
My trusty leatherman, a Royal Marines Survival Handbook and chocolate!

GET INVOLVED
Head to thegauntletgames.co.uk to sign up for the next race.

‘OTHER PEOPLE
CAN INFLUENCE
YOU, BUT
THEY CAN’T
CONTROL YOU’

BANISH NEGATIVE THINKING... *FOR EVER!*

It's all too easy to let a setback, bad experience or mistake derail you. So, we help you keep negativity at bay with top tips from the experts

Author Amy Morin knows a thing or two about the importance of mental strength. After losing her mother and her husband in her twenties, she had to summon all her inner strength to survive the overwhelming grief.

But, instead of falling into the trap of resentment and self-pity, she began to search for ways to stay strong when it felt as if everything around her was collapsing. The positive habits she picked up not only got her through her darkest hour, but they formed the basis of her new book, *13 Things Mentally Strong People Don't Do* (£10.99, Harper Collins). Here, she shares the secret to breaking the cycle of negative thinking and the habits to adopt if you want to be mentally tough.

1 DON'T FEEL SORRY FOR YOURSELF

When something bad happens in your life, it's natural to feel sad about it, but experiencing grief is not the same as feeling sorry for yourself, says Amy, and the latter will get you nowhere. 'When we feel sorry for ourselves, we dwell on the problem and exaggerate how bad it is, rather than thinking of a solution. The more we do that, the less likely we are to do something different. When you say, "I deserve better", you are just digging your heels in rather than making the best of your circumstances. Instead of thinking of all the things you don't have, start thinking about all the things you do have to be grateful for,' adds Amy.

2 DON'T GIVE AWAY YOUR POWER

'So often we blame other people for how we think, feel or behave,' says Amy. 'For example, somebody might say, "They make me mad." No one can make you feel angry. Remind yourself that other people can influence you, but they can't control you, and that the things you do in life are choices and you don't have to do them. It's about changing the way you think about things: "OK, well, I don't have to but I'm choosing to." It's also important to set healthy boundaries with people. 'If you don't like the way someone is



POWER TO YOU!

Take inspiration from our fave strong women

'A woman is like a teabag, you never know how strong she is until you put her in hot water.'

Eleanor Roosevelt

'When I'm not feeling my best I ask myself, "What are you gonna do about it?" I use the negativity to fuel the transformation into a better me.'

Beyoncé

'The thing women have yet to learn is nobody gives you power. You just take it.'

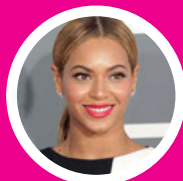
Roseanne Barr

'I never dreamed about success. I worked for it.'

Estée Lauder

'If you know you are going to fail, then fail gloriously.'

Cate Blanchett



behaving, you can choose to tolerate it, or you can say, "I'm not going to put up with that." Remember, you are in control of everything that happens to you.'

3 DON'T SHY AWAY FROM CHANGE

We all like our comfort zones, but if you're staying safely inside yours just to avoid anxiety, you could end up stuck in a rut. 'When a situation is bad, we sometimes stay in that situation because we're afraid doing something different could make it worse,' explains Amy. 'It's about confidence and knowing that you can tolerate anxiety,' says Amy. 'It won't kill you to be a little bit uncomfortable.' You don't have to overhaul your life overnight, start small, advises Amy, for example filling out a job application form if you are in a job you hate. 'The more we face our fears, the more we gain the confidence to keep moving forward.'

4 DON'T WASTE ENERGY ON THINGS YOU CAN'T CONTROL

We're all guilty of worrying about the future, but often the things we're fretting about are the things that are out of our control. 'We often make the mistake of trying to prevent bad things from happening, but there are so many things we can't change,' says Amy. And the time and energy spent wasted on worrying about something that is out of your control could be better invested working on improving your own situation. 'Recognise that there are some things you can't change,' says Amy. 'Pinpoint what is inside your potential and focus on that instead. Things won't always turn out the way you want, but that's OK.'

5 DON'T WORRY ABOUT PLEASING EVERYONE

People-pleasing can result in everyone else feeling contented except you, warns

Amy. 'Often, we say and do things that we think will be pleasing to other people,' she says. 'The danger in that is that after a while we start to lose sight of our own values.' Rather than instantly saying yes the moment someone asks you to do something, say, "Let me check my diary and get back to you". Then you can have time to think about it,' says Amy. And practise saying no. It might feel a little uncomfortable at first, but most people can accept no as an answer. Don't worry about whether people will still like you, adds Amy. 'Learn that not everyone in life has to like you. If people are mad at you, they will either get over it or they won't but it is not your place to make sure people are never angry.'

6 DON'T FEAR CALCULATED RISKS

'We tend to think that risk is correlated with our anxiety levels, so if something feels really scary then it must be really risky,' says Amy. 'In reality, our emotions are not always built on logic and they are not always rational.' Instead of listening to your inner panic button, assess the facts of the risks before making a decision and weigh up the pros and cons. 'We can take steps to mitigate our risk, too,' adds Amy. 'If you're taking out a loan or taking on a new job, get all the facts before you make a



'RECOGNISE THAT THERE ARE SOME THINGS YOU CAN'T CHANGE OR CONTROL'

decision. Ask yourself, "What's the worst case scenario?" She adds, 'Usually, the worst case scenario is not that bad, and it's certainly never as bad as you imagine.'

7 DON'T DWELL ON THE PAST

There are two main reasons that people dwell on the past, explains Amy. 'One is if something bad happened that they can't let go of. Another is if people aren't happy with the present, they tend to romanticise the past.' In both cases, you have to make peace with the past. 'For some people that might mean forgiving someone and for others it might mean giving themselves permission to move forward,' says Amy. 'A lot of times, if people have lost a loved one, they are unable to move forward because it feels like a betrayal. To give yourself permission to enjoy life again can be a huge step. To move on from the past, it's helpful to make plans and set new goals for yourself.'

8 DON'T MAKE THE SAME MISTAKES

If you never allow yourself to learn from mistakes, you risk falling into the trap of making the same mistake over and over again, warns Amy. 'For example, someone will get into a bad relationship, then do the exact same thing again once the relationship ends because they didn't learn anything,' says Amy. The key here is to acknowledge your mistake. Ask yourself, "What did I learn from it and what could I have done differently?" When you go back to do something again, take that knowledge and apply it so you don't do the exact same thing all over again.'

9 DON'T RESENT OTHER PEOPLE'S SUCCESS

'It's hard not to resent people when they are doing well in life, but the more you focus on other people's passive success, the more you take your eye off your own journey to success,' says Amy. Instead of competing with successful

people, co-operate with them. 'If you have a brother who makes a lot of money, talk to him and learn his strategies,' says Amy. 'If you have a neighbour who just lost 50lb, rather than being jealous of her, talk to her about how she did it. Make yourself open to learning from people. It's much better to have successful people on your team rather than compete against them.'

10 DON'T GIVE UP AFTER THE FIRST FAILURE

People will often try something once and, if it doesn't work, they will chalk it up as a failure, rather than as an attempt, explains Amy. 'A lot of successful people have failures along the way, and it was because they didn't give up that they became successful. You have to change your mindset, be willing to do something all over again, and think, "How am I going to do it better this time?"' Learn to own your failure as a sign you are getting stronger. 'Failure is the best time to push your boundaries,' adds Amy. 'If you never fail at anything, it means you are definitely living inside your comfort zone.'


11 DON'T FEAR ALONE TIME

'It's common for people to feel they should always be with someone because they are afraid to be alone with their thoughts. I meet a lot of people who have trouble sleeping without the TV on. They say, "Oh my mind races and I just can't stand it." To be willing to take some quiet time for yourself is scary to some, but we need that time to think about how we are doing, what our goals are and where we want to go next,' says Amy.

12 DON'T FEEL THE WORLD OWES YOU ANYTHING

When you've had a run of bad luck, it can feel like you are owed some good fortune. 'Sometimes people will say, "I had a rough childhood, so as an adult good things should come my way," but the world doesn't work like that,' says Amy. 'When people have that attitude, they stop working to make good things happen because they just expect it.' The solution is to admit that the world does not owe you anything. 'Also acknowledge that you have the power to make good things happen in your life,' says Amy.

13 DON'T EXPECT IMMEDIATE RESULTS

In this tech-savvy world, we are so used to getting things at the touch of a button, but real change doesn't happen overnight. 'It's not going to happen in a week or even a month, it's an ongoing process. But so many people give up because they aren't seeing the results fast enough,' says Amy. The trick is to look at change as a marathon. 'There will be setbacks but it doesn't mean you have to throw in the towel, instead it means you have more work to do before you move forward and reach your goal.' 

EMBRACE STRONG LANGUAGE

Sometimes, becoming mentally stronger can be as simple as switching up your lingo. Yes, really! Below are the phrases you need to upgrade, pronto, for a stronger you:

Don't say: 'I shouldn't have to deal with this, I deserve better.'

Say: 'I'm going to make the best of this bad situation.'

Don't say: 'Nothing good ever happens to me'

Say: 'I am grateful for the good things I have in my life.'

Don't say: 'I have to attend this boring work function'

Say: 'I don't have to attend, but I'm choosing to in order to better my career prospects.'

Don't say: 'What if my best days are behind me?'

Say: 'I'm optimistic about the future.'

Don't say: 'I wish I was as rich/successful as Sarah.'

Say: 'What can I learn from Sarah?'

Don't say: 'I'm a failure.'

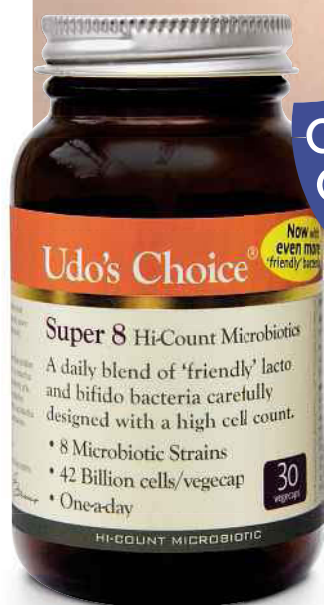
Say: 'How can I do it better next time?'

Don't say: 'I deserve some good luck.'

Say: 'I have the power to make good things happen in my life.'

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THE END OF SUNBURN?

Anyone who has spent too long at the beach knows that sunburn can ruin your holiday. However, researchers at Queen's University, Belfast, have designed a plastic bracelet that can tell you when it's time to get out of the sun. The bracelet works with your skin to change from blue to colourless, letting you know when it's time to get the parasol out. It will be trialled very shortly, so keep a look out for it in the shops for next year's summer holiday! In the mean time, stay safe in the sun by seeking shade in the middle of the day – when the sun is at its hottest – and wearing a high-SPF sun lotion (even when it looks cloudy!).

Fight, flight or sit tight?

We're constantly told that stress is damaging for our health, but what if it could actually make you healthier and happier? **Gabrielle Nathan** investigates

You probably think stress is bad for your health, right? From shortening our lives to making us put on weight, stress is blamed for myriad physical and psychological issues, so it's only natural that we believe it's bad for us.

But what if, contrary to everything we've been led to believe by studies, reports and, yes, even magazine articles, stress is actually good for us? A positive force that can make our lives healthier and happier?

This revolutionary idea is one in which health psychologist Kelly McGonigal firmly believes. Like most of us, Kelly was taught that stress is dangerous and therefore bad for our wellbeing. But, after years of studying the subject and advising her clients on stress-management techniques, Kelly is convinced the very opposite is true.

'The latest science reveals that stress can make you smarter, stronger and more successful. It helps you learn and grow. It can even inspire courage and compassion.' We're constantly told to reduce or even avoid stress, but Kelly thinks that's entirely the wrong approach. Instead, we need to alter the way we think about it.

'Changing your mind about stress can transform your health, your emotions and your experience of life. Embracing stress in everyday life can make you feel more empowered in the face of challenges; enable you to better use the energy of stress without burning out; turn stress into a source of social connection rather than isolation and lead you to find meaning in suffering.'

It's a big claim, and one that Kelly

backs up with research and examples in her new book, *The Upside of Stress* (£12.99, Avery). In it, she defines stress as what arises when something you care about is at stake – a broad definition that includes everything from the frustration you feel when you're stuck in a traffic jam and the pressure you feel when work gets really tough, right through to the anxiety you feel when someone you love and are very close to is ill. 'You don't stress about things you don't care about, and you can't create a meaningful life without experiencing some stress,' she says. Since stress is unavoidable and actually something we should accept as a necessary part of a significant life, she reasons, we need to get better at it.

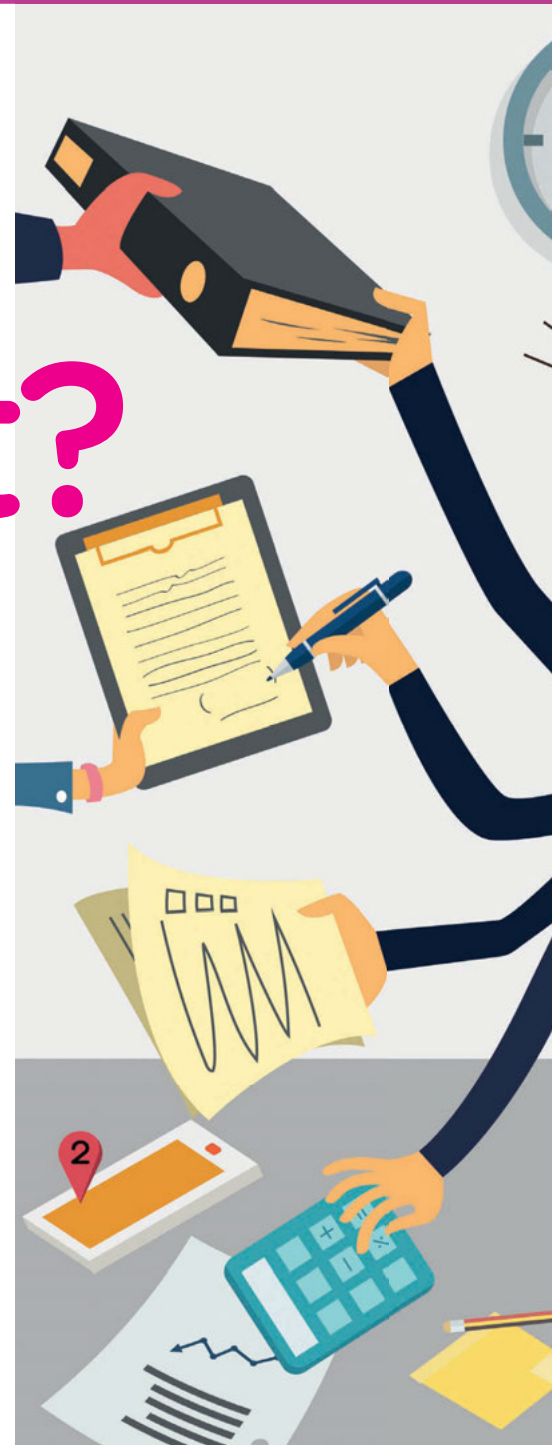
To do so, argues Kelly, we have to rethink our attitudes to stress starting by looking at scientific facts. Stress affects us biologically: it's well known that it causes the release of the hormones cortisol and dehydroepiandrosterone (DHEA). 'The former is associated with impaired immunity and depression, but the latter has been linked to reduced risk of anxiety, depression,

heart disease and neuro-degeneration,' she reveals. 'An American study has shown that people who believe stress is enhancing produce higher levels of DHEA, which helps them thrive under stress, and lower levels of health-depleting cortisol.' Another hormone that's released during periods of stress is oxytocin. It's also known as the cuddle hormone because it's also released during loving physical contact. 'Oxytocin is as

much a part of your stress response as the adrenaline that makes your heart pound. It dampens the fear response in your brain, making you brave. And it also encourages you to connect with your support network, helping you to survive,' she says.

Kelly also explains that 'fight or flight' is not the body's only reaction to stress. 'There are several potential stress responses: the "tend and befriend" response increases courage, motivates care-giving and strengthens social relationships, while a "challenge" response increases self-confidence, motivates action and helps you learn from experience.'

Biology aside, further research discovered that 'people with a positive view of stress are less depressed and more satisfied with their



**'Stress can
make you
smarter,
stronger
and more
successful'**



‘People with a more positive view of stress are more satisfied with their lives than people who believe stress is harmful’

lives than people who believe stress is harmful. They have more energy and fewer health problems. They’re happier and more productive at work. They’re less overwhelmed by their problems and more confident about their abilities to cope,’ Kelly reveals.

As well as affecting how you think, holding a negative view of stress can also make you act in certain ways. ‘People who endorse a stress-is-harmful mindset are more likely to say they cope with stress by trying to distract themselves from the cause instead of actually dealing with it. They’ll use alcohol or drugs to escape the stress and withdraw from whatever relationship, role or goal is causing the stress,’ Kelly says. Conversely, people who believe stress can be helpful are more likely to positively attempt to deal with the source of their problems.

That’s something behavioural psychologist Kate Joseph (katejosephtherapy.com) agrees with: ‘Stress in itself is not inherently bad. What causes it to have a negative impact on your wellbeing is your relationship with it. Often, people’s coping mechanisms are unhelpful or even destructive. A glass of wine or a cigarette might initially calm you down and help you forget about pressures, but both can spiral into addictions and neither address the root of the problem.’

So how can you learn to reshape the way you think about stress and use it to make your life better, rather than avoiding it with dubious coping strategies? Kelly believes that you can choose to respond to stress in a very different way. ‘Try it the next time you’re feeling fraught by asking yourself what you want it to help you achieve: do

STOP STRESS BECOMING A BURNOUT

‘Stress is a heightened response to stimulation and is only damaging when it takes over or we don’t balance it with adequate rest, recovery and relaxation,’ says nutritionist and yoga teacher Charlotte Watts, author of *The De-Stress Effect* (£12.99, Hay House). ‘Learning how to be motivated and excited by stress without it tripping over into agitation and feeling out of control is a skill everyone can learn.’ Here’s how:

1 BREATHE DEEPLY

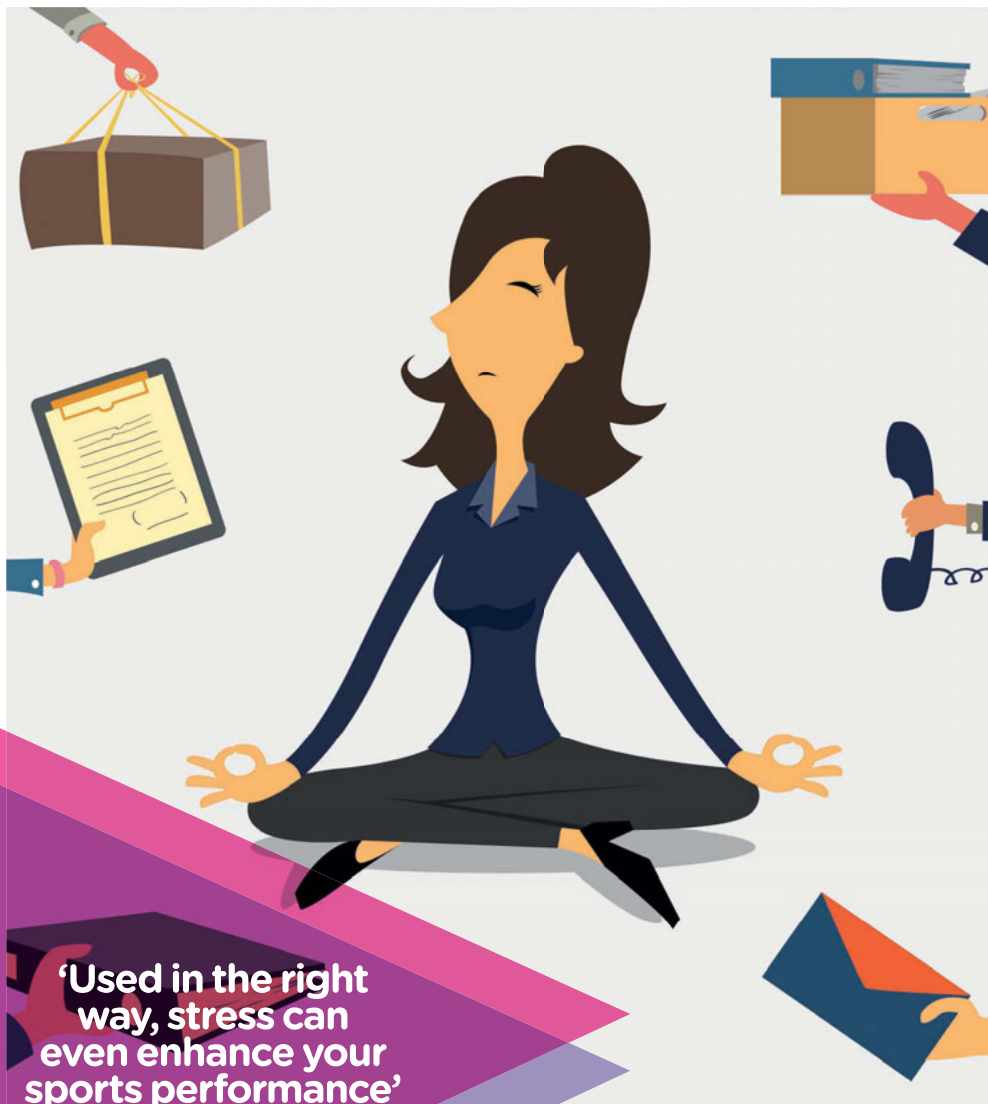
‘Noticing when we’re stimulated by stress is the first step, then we have the choice of how we handle our energy,’ Charlotte says. ‘Breathing evenly and slowly and regularly relaxing your jaw and shoulders helps you foster mental acuity rather than burnout.’

2 FOCUS

Harness that mental power by sticking to a single task and doing it well. ‘It’s more productive and less brain draining than attempting to multi-task. The latter isn’t getting loads of things done at once, but just constantly switching the brain’s focus, which is exhausting.’

3 TAKE FIVE

‘Taking regular work breaks is crucial as they allow memories to form, the analytical left-brain to rest and the creative right-brain to run the show. That’s when inspiration flows, fresh perspective is gained and truly great ideas can strike,’ says Charlotte.



you need to fight, escape, engage, connect, find meaning or simply grow?

Even if your stress response is pushing you in a certain direction, focusing on how exactly you want to respond can shift your biology to support you.'

Another route to finding the upside of stress is by reminding yourself that a meaningful life is inherently stressful. Kelly explains: 'Stress seems to be an inevitable consequence of engaging in roles and pursuing goals that feed our sense of purpose. Rather than being a sign that something is wrong with your life, feeling stressed can be a barometer for how engaged you are in activities and relationships that are personally important.' In fact, Kelly goes as far as to say that a lack of meaning-rich stress may even be bad for your health, citing a UK study that found people with more meaningful lives had a 30 per cent reduction in mortality. So next time you're having a meltdown about a work

issue, house move or relationship, Kelly recommends taking time to consider why the project, goal or person is so important to you and consider what life would be like without them. 'When you consider their value the stress they cause becomes meaningful – and meaningful stress can be positive and uplifting. It's about how you choose to perceive it and what you do about it.'

While we might not be able to change our response to stress overnight, Kelly believes that – with practice – we can all get better at dealing with stress and use it to our advantage. In turn, this will help us to perform better in every area of our lives.

'Used in the right way, stress can even enhance your sports performance; the stress response before a big race or match enables athletes to focus on their goals and give them the courage to achieve them.' So next time you're feeling the heat, get your trainers on and channel those powerful hormones, thoughts and feelings into setting a new personal best. **M**

SUPPLEMENT YOUR STRESS

Feeling like you need to calm down? Pop a safe kind of pill

1 HOLLAND AND BARRETT KOREAN GINSENG

'Ginseng is an adaptogen, which strengthens the immune, nervous and endocrine systems against the effects of ongoing stress,' says Holland and Barrett nutritionist Alex Thompson.

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2 NATURE'S GARDEN BACOPA

'This herb is traditionally used for its calming effects on the body's central nervous system and it's also been shown to help improve memory and learning, possibly through increasing levels of neurotransmitter acetyl-choline,' Alex reveals.

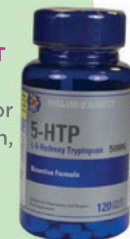
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3 HOLLAND AND BARRETT VEGAN 5-HTP

'5-HTP is a direct precursor of the neurotransmitter serotonin, which plays an important role in maintaining normal mood and promoting feelings of calm. Levels of serotonin can fall as a result of chronic stress, but 5-HTP may provide a relaxing effect,' reveals Alex.

● £19.99 for 60 capsules, hollandandbarrett.com



4 HOLLAND AND BARRETT L-TYROSINE

'The amino acid L-tyrosine is the precursor to the neurotransmitters dopamine and noradrenaline, which play a role in maintaining normal levels of focus and motivation,' says Alex. 'Taking L-tyrosine during stressful periods may help to prevent disruptions to these neurotransmitters and keep you focused and energised.'

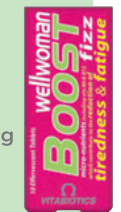
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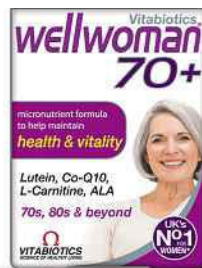
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Ask the expert

Got a niggling health dilemma? Let our expert put your mind at ease

'MY HAY FEVER STARTS KICKING IN AT THIS TIME OF YEAR. WHAT CAN I DO?'



Nutritionist, author and TV health expert Amanda Hamilton reveals her top tips for keeping summer sniffles at bay

'Use a barrier balm inside the nose as it can help stop pollen from triggering hay fever'



Hay fever, or seasonal allergic rhinitis is an acute allergy-related condition that is estimated to affect one in four adults in the UK.

It is seen as being caused by spring to summer changes in grasses and pollen. Like many 21st

century ills, allergies are a hotbed of debate. In one medical camp there's the 'hygiene hypothesis' that argues that our environment is too clean and that children's immune systems aren't being challenged enough. Babies are sterilised to the extreme and

never allowed to develop a natural immunity.

For others, the root of the problem is the gut, where problems have developed assiduously over time. Take Britain, where the rates of hay fever – compared with the rest of the EU – are particularly high, especially among teenagers with 38 per cent suffering with it. One theory is that in the UK we are now seeing the result of the high levels of antibiotics that were prescribed by GPs until 10-15 years ago. This could have caused the gut – the body's frontline defence – to leave us more vulnerable to allergens.

Scientists are investigating if probiotics may help regulate the immune system's response to pollen, but it's too early to say whether or not supplements are worth trying. However, experiment with non-dairy coconut kefir for a mega-beneficial bacteria boost the natural way. A supplement worth trying is quercetin, known to inhibit mast cells from releasing pro-inflammatory compounds that cause allergy symptoms.

Another tip is to eat plenty of onions and garlic as they both contain high levels of quercetin. You may struggle to eat enough though, so supplementing with therapeutic doses is seen as a better option. Consuming 250mg twice a day with some extra vitamin C is a common approach. And always drink plenty of water. Histamine (the compound released during

3 WF'S TOP SUPPLEMENT PICKS

1 Unbelievable bee prepared

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● £9.99, hollandandbarrett.com



2 Haymax Organic Pollen Barrier Balm

This aloe vera balm is a great natural way to trap pollen before it gets in.

● £5.99, Boots



3 Care Plus Allergy Defence Nasal Spray


A great clinically proven, non-drowsy option.

● £6.99, Sainsbury's



allergic reactions) is used in the body as a water regulator so if the body is at all dehydrated, more histamine will be produced.

Stress also seems to worsen hay fever symptoms, as does being tired. So, if at any time you know your body is more vulnerable, make sure you give it a helping hand by eating and sleeping well. Aim for at least 7 hours of quality sleep. Lastly, use a barrier balm inside the nose as it can help stop pollen from triggering hay fever.

Sadly, there isn't an all-natural salve for hay fever. And, most depressingly for some, chocolate falls into the high-histamine camp, as does ice cream for its pro-inflammatory effect. So cheering yourself up with Ben & Jerry's Phish Food is not the answer. Sorry. 

WF's foodie tips

Foods to make you feel good

1 COCONUT KEFIR

can help to boost bacteria



2 ONIONS AND GARLIC

are packed with anti-inflammatory quercetin



3 WATER

will stave off dehydration and help keep reactions at bay



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93 Summer beauty // 96 Top treatments // 97 New-season must-buys

A STRETCH TOO FAR

If you suffer from stretch marks, you're definitely not alone. Between 75 and 90 per cent of women develop them during pregnancy, often in the sixth or seventh month. They're caused by the skin being stretched over a short period of time, and they commonly appear on the tummy – but also on the thighs, bottom and breasts. To counteract this, the skin needs daily attention to keep it in tip-top condition over the nine-month period. Dr Ceuticals Stretch Mark Solution is enriched with moisturising shea and coconut butter. These key ingredients help to make skin more supple and prepare it for your bump, which will help to prevent stretch marks.

● **£14.99,**
boots.com



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action
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Look gorgeous this summer!

WF's top-to-toe guide to looking sun-sational at the drop of a beach hat

The sun is out in all its glory – finally! – meaning it's once again the time of year for enjoying the simple pleasures: eating ice cream in the park, hitting up the beach and, of course, garden parties and barbecues, without having to wrap up.

But, with more flesh on show, we need to up our game when it comes to our beauty regime. No more hiding prickly legs under your jeans (boo!) – now is the time to get back on track. Here's our guide to head-to-toe summer perfection so you can embrace this season with style and confidence.

Hair

As much as we love the sun, it can wreak havoc on our hair leaving it dry and brittle. But, thanks to some hairdressing know-it-alls, we've discovered the secrets to combatting the dryness and getting your locks looking glossy and gorgeous all summer.



HOLIDAY TIP

'When you hit the beach, why not sit by the shore and use the sand mixed with salt water to gently scrub your arms and legs for a natural beach exfoliation?'

Dr Sturham



Norris Ogario at Ogario London recommends protecting your hair before your holiday with weekly conditioning treatments. 'These will get your hair ready to face intense holiday heat, salt water and chlorine. To give your hair a moisture boost try using **Ogario London Restore and Shine Hair Masque (£28.50, ogariolondon.com)** – it's a scrumptious blend packed full of avocado, sage and lime.'

Norris also recommends going natural and laying off the appliances for a few weeks before your holiday: 'If you've got long hair, plait it while it's still damp and, once dry, let it down for loose waves.' To enhance beautiful beach waves try using **Ocean Mist by Sachajuan (£18, cultbeauty.co.uk)** and further enhance it using **WonderBall 6 in 1 Styling Sphere (£9.99, markhill.co.uk)**. If you're thinking of having your hair highlighted pre-holiday, Norris suggests going two tones darker than your normal colour as the sun will naturally lift it those extra shades!



Hairstylist to the stars Mark Hill tells us the key to having beautiful hair is a well balanced diet: 'More than 90 per cent of your hair is made from protein,' he says. 'A diet lacking in protein produces weak brittle hair.' More greens, fish and water then, girls!

Try **Moisture-boosters Lee Stafford Argan Oil Shampoo and Conditioner from Morocco (£7.33 each, Boots)** and if you're prone to frizz try **Mark Hill Sun, Sea Frizz-Free Anti-Humidity Spray (£5.99, markhill.co.uk)**

Nails



Getting your nail polish to last the length of your holiday is a tricky one. **Founder of Ciaté Charlotte Knight** tells us the key to a long-lasting manicure is being thorough with each step: 'It's so important to prep the nails by trimming the cuticles and shaping with a file before you begin.' Prior to applying a base coat try **Ciaté Base Balance nail toner (£12, ciatelondon.com)** to remove excess oil and residue without drying out the nail bed. Apply two thin layers of your favourite polish, with time to dry between each coat, followed with a strong top coat such as **Ciaté Geltox Top Coat (£20.30, ciatelondon.com)**.



OPI treatment expert Bryony McMillan says, 'Negative space manicures [where your natural nail is allowed to peep through, a bit like cut-outs on clothes] are becoming vastly popular and we will see a lot more of these as the summer kicks in. We can be as adventurous as we want



with our nail colour in the summer – the brighter the better.' We love **Aloha From OPI or Is My Tai Crooked (£11.95 each, opiuk.com)** and remember to leave a gap of the nail naked for the negative manicure effect.

Feet



Sandal season means one thing: it's time to stop neglecting your feet and hiding them in socks, and instead treat them to some much-needed TLC. Maintain soft skin all summer long with the help of **Lina Lotto, director of the multi-award-winning SenSpa**. Lina recommends soaking your feet in a warm foot-bath using a handful of **SenSpa's Himalayan Bath Salts (£3.96, waitrose.com)**, made from 100 per cent pure Himalayan salt crystals. Then exfoliate your feet and apply a thick moisturiser. Try **SenSpa Foot Therapy cream (£3.66, waitrose.com)**.





Charlotte Knight says shaping your toenails properly can instantly give them a refresh: 'They should be fairly short – no longer than the end of your toes is ideal. You should file straight across and never shape them or cut down the sides as this can lead to ingrown toenails.' Finish off by using a buffer to gently smooth away any ridges and always use a good basecoat to protect the nails from becoming stained.

Body



The last thing you want over the summer months is dull, pasty skin. **Dr Anita Sturham, GP and Nurris skincare expert**, says weekly body exfoliation is key for smooth skin: 'Not only does this make your skin silky-soft, but if you apply self-tan it glides on with far less risk of streaking.' Try **Sienna X Polish Body Scrub (£11.95, sienna-x.co.uk)**. Follow this with **Sienna X Gradual Glowing Self Tan (£15.95, sienna-x.co.uk)**. It's a far safer way to glow than by exposing your skin to harmful UV rays. Keep your tan for longer and boost natural

radiance by finishing with **Sienna X Radiance Body Balm (£11.95, sienna-x.co.uk)**.

Turning up to a pool party with furry legs isn't too foxy, let's face it. For the ultra-silky, hair-free results of waxing, without the pain, try **Nair Bye Bye Pain (£11.99, boots.com)**. It'll even whip off the shortest hairs! If you're feeling really committed to your hair-removal regime, go one step further and try the new **No!No! Pro (£210, Selfridges)** for removing hair *and* reducing the appearance of fine lines and wrinkles. Double whammy!

Face




Boldijar Koroncay, renowned aesthetician and president of Organic Skincare, who has performed treatments for the likes of Jessica Biel and Katherine Heigl, says, 'As the weather warms up, the natural oil production in our skin increases. Swap your rich cleansers and moisturisers for lighter, refreshing options that won't strip your skin but still offer enough hydration.' As well as using a moisturiser that's light, it's essential to use a cream with high SPF to prevent premature ageing caused by sun damage. For this try, **Eminence Tropical Vanilla Day Cream (£50, theskinsmith.co.uk)**. If you do end up slightly burning the skin on your face, or if it feels a little sensitive, try refreshing it with the mineral-infused **Nuriss Essential Mineral Hydraspray (£35, nuriss.co.uk)**. It's perfect for rebalancing and hydrating your skin on the move – either at work, in the car, at the gym or even on the plane!



An increase in temperatures means a change in make-up regime, too. Make-up artist and founder of **Athena studio and boutique (athenalondon.co.uk)**, **Aleysa Mawani**, says you should stay away from super-heavy make-up. 'Swap your foundation for tinted moisturiser, for example **Nivea Visage Tinted Moisturising Crème (£3.65, Superdrug)**. Your skin will be moisturised

with a light base of colour.' You could also try **Estée Lauder DayWear Sheer Tint Moisturiser (£38, Boots)**.

To achieve that extra summer glow, Aleysa suggests using a highlighter such as **Benefit High Beam (£19.50, Debenhams)**. Apply to the top of the cheekbones, brow bones and also on the bridge of the nose. 



If you're thinking of having your hair highlighted pre-holiday, go two tones darker than your normal shade!





The swanky
salon at Paul
Edmonds

3 of the best treatments

We cherry pick the hair, face and body treats designed to make life that little bit sweeter

The bright and bold makeover

WHAT: Wash and colour treatment, £290 (and £90 for top-up colour)

WHERE: Paul Edmonds, Knightsbridge, London, pauledmonds.com

THE LOWDOWN: What do you do when you want a real makeover for your mane? See Steven Kamara, artistic colour director at Paul Edmonds, of course. Only someone who's confident with colour can give you what Steven gave me: keeping the top section of my hair my natural, dark colour, Steven contrasted the panels underneath to give a super-vibrant, but subtle, look with a blue-green.

THE

VERDICT:

Not only did Steven achieve the mermaid blue I was after, but my hair was glossy, too.
Amanda Khour



The summer locks upgrade

WHAT: Nanokeratin System Treatment, price on request

WHERE: Mahogany Hair, London, mahoganyhair.co.uk

THE LOWDOWN: My hair is hard work, and come summer – sweat, frizz and post-swim fuzz – it just gets worst. So, with a few holidays on the horizon I decided to try out Mahogany Hair's Nanokeratin treatment – designed to calm frizz for smoother waves. After applying the treatment to my hair it was left to do its work. Then the treatment was blow dried into my hair. After a fairly long 72-hour wait, I was allowed to wash my hair and see the real results!

THE

VERDICT:

The frizz was finally under control and my hair was much less curly.
Ellie Moss



The skin rejuvenator

WHAT: Milk Peel Treatment, £95 per session

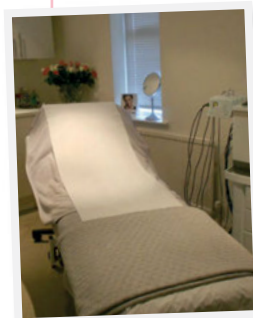
WHERE: Aesthetic Skin Centre, aestheticskincentre.co.uk

THE LOWDOWN: I wanted to try something that would give my tired city skin a pick me up. So, after a consultation with expert Trudy Friedman at the Aesthetic Skin Centre, I decided to try a milk peel to put an end to my breakouts and help my skin glow! The tingly facial peel was applied and got to work instantly. Then, once it was removed a sumptuous hydrating cream was applied. Amazingly, I looked instantly radiant and my skin

tone was much more even. It also managed to rebalance my slightly oily skin. Just what I needed!

THE VERDICT:

I want a second round!
Katherine Ducie



Wide eyed

If your lack of sleep is showing, fear not: BareMinerals Stroke of Light Eye Brightener will do wonders for tired skin with its illuminating effect. So say goodbye to dark eyes and imperfections!

● £22, bareminerals.co.uk



WE LOVE

Nail SOS

This cute treatment collection from Ciaté is a must-have for nail perfection. You're spoilt with 16 products to choose from, including Nail Gym strengthener, Status Grow lengthener and Mattnificent top coat. Yup, they all have names as cool as these!

● £12 each, ciatelondon.com

Sunkissed hair

Nothing says summer quite like the Sunkissed Blonde Lemon Highlights shampoo and conditioner duo from OGX. We love the sunshine-yellow bottles and the tropical mix of sweet citrus oil and key lime extract. It's the formula for silky soft locks.

● £6.99 each, waitrose.com



BEAUTY HEROES

Update your look-hot routine with these fab new finds

Lip fix

Prime your lips with Laura Geller's Pout Perfection Duo lip liners. Their waterproof shield makes them the ideal kiss-proof armour for planting that smacker with confidence!

● £20, qvcuk.com



Diamond girl

Treat your face to the Diamond Lift Brightening Complex from Transformulas. Infused with pure diamond powder and skin-plumping vitamins, it's a real five-star treatment that will leave your skin looking amazingly radiant.

● £41.95, feelunlike.com



Salty stuff!

Keeping your skin exfoliated is essential, especially at this time of year when you're in the sun and using tanning products. Pamper yourself with this lovely Sea Salt Body Scrub from Ruby Red for gorgeously smooth skin from head to toe.

● £38, rubyredcosmetics.co.uk

Green queen

Feed your skin some green goodness with this make-it-yourself face-mask kit from Green Goddess. Ideal for sensitive skin, it's packed with natural ingredients to detoxify and nourish.

● £22, makeitmakeit.com



Women's Fitness Bookstore

*Keep your hot-body goals on track
with our latest releases*



8-WEEK FLAT-BELLY GUIDE

► £9.99, magbooks.com

Summer is finally here and if you want a flat tum to show off on the beach, we've got everything you need to get you there in just 8 weeks! Our easy to follow workouts, cravings-busters and tasty meal plans are the perfect combo to shift that pesky muffin top asap!



30-DAY CHALLENGE

► £7.99, magbooks.com

Following a programme is one of the best ways to make sure you see results and keep your motivation up. We've put together this awesome 30-day challenge, which fits around even the busiest schedule, to help you slim down fast and keep the weight off for good.



DROP A DRESS SIZE BOOTCAMP

► £7.99, magbooks.com

Got a special occasion you want to wow at? Our Drop A Dress Size Bootcamp book is a healthy and tasty diet plan combined with results-driven workout routines. There's no messing around on this weight-loss programme – it's structured, motivating and gets great results!

Also available
on Amazon!

NUTRITION

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DIETERS ARE A GIRL'S BEST FRIEND

We all know that having a gym buddy makes you more motivated and less likely to miss a workout, but a recent study found that people are also far more likely to lose weight with a diet companion. Of the people surveyed, 89 per cent lost more weight when they buddied up than when they dieted alone. And not just the odd pound! Those who had someone to motivate them lost one-third more weight! So, if you lack willpower when it comes to sticking to your healthy eating plan, find someone to join you and you can help keep each other on track!

WORDS: NATALIE ROBERTS SOURCE: LABORATORY RESEARCH TRIALS CARRIED OUT BY DR LEWIS JAMES, PHD, SCHOOL OF SPORT, EXERCISE AND HEALTH SCIENCES, LOUGHBOROUGH UNIVERSITY, FROM OCTOBER 2014 - JANUARY 2015

A woman with blonde hair, wearing a white crop top and white shorts, is measuring her waist with a yellow tape measure. The tape measure is wrapped around her waist, and her hands are holding the ends. The background is a soft, out-of-focus indoor setting. There are green and yellow geometric shapes in the top left and bottom left corners of the image.

PH perfect

Most of us eat too many acid-forming foods. But, by knowing your (alkalising) onions, you can restore your body's optimum pH level for health, vitality and a gorgeous figure

'Cooked plant foods are rarely better than raw plant foods, but always better than raw or cooked animal products'

If you've had bad experiences with diets in the past, or you've heard friends' horror stories, chances are you associate dieting with restrictions and being miserable.

We're not surprised – the pressure to lose weight is more rife than ever and there seem to be more and more extreme diets popping up by the day. But we think that, yes, dieting should be about getting the body you want – whether you're about to go on holiday or prepping for a big occasion – but it should also be about feeling great.

Laura Wilson, a *New York Times* best-selling author, registered nutritionist and competitive athlete, knows a thing or two about diets. Her new book *The Alkaline 5 Diet* throws all those misconceptions about misery and deprivation down the drain and teaches us how to get that dream body while tucking in to five delicious, vibrant and vegan meals a day. That's right – a beach-ready body without cutting out carbs, or feeling hungry and deprived. Sounds good, right?

WHAT IS AN ALKALINE DIET?

The alkaline diet – or eating to alkalise your body – has been around for a while, and it refers to a way of eating that helps to combat an overly acidic bodily state. Many of us do

not have the optimum pH level in our bodies. 'Foods metabolise to leave an alkaline residue of minerals,' explains Laura. 'Foods are therefore classified as alkaline, acidic or neutral according to the pH of the solution created with their residue in water.' With this in mind, maintaining the optimum alkalinity in your body is achieved by being mindful of whether or not the foods you eat provide an acidic or alkaline residue. Healthier foods such as fruit and veg are alkalising while processed foods are acid-producing – as are stress, cigarettes and alcohol.

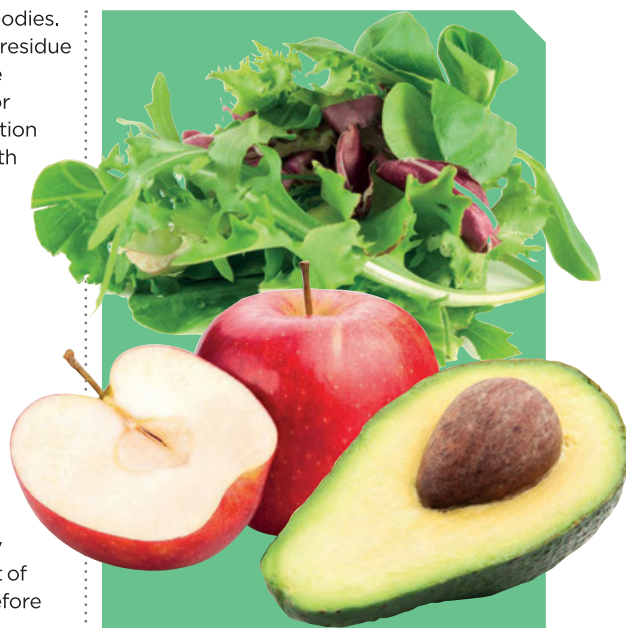
So, why should you follow an alkaline diet? While improving health is enough of a motivator for some, there are specific benefits that might convince you to jump on board. Aside from more energy, better sleep quality and an improved immune system, a lot of people opt to follow an alkaline diet before the summer because of its impressive weight-loss benefits and improvements to metabolism – both of which work optimally when the body is less acidic. 'When you switch getting your calories from sugary and refined processed foods to plant sources for a significant amount of time you "turn off" the fat genes in your cells,' explains Laura. Sounds like a no-brainer if a flat tummy is on your wish list this summer.

GET YOUR FIVE-A-DAY

Meals, that is. The appeal of the Alkaline 5 Diet is that it forbids skipping meals. Quite the opposite – it promotes five meals a day, promoting filling up on goodness rather than calorie counting. 'The Alkaline 5 Diet means eating a high-fibre, high-carbohydrate, low-fat vegan diet made up of alkaline-forming foods,' says Laura. You're actually encouraged to eat *more* than you're probably used to, as fruit and veg are normally packed with water rather than calories.

The most dramatic change for many people switching to alkaline foods is the plant-based aspect of the diet – and eating your vegetables raw to maximise their alkaline-forming potential. 'Any processing, cooking, pickling, freezing, microwaving or refining decreases or completely denatures the nutrients in your food,' Laura reveals. 'Cooked plant foods are very rarely better than raw plant foods, but always better than raw or cooked animal products and processed foods.' If you're concerned that you won't be hitting your protein requirements, Laura reckons you needn't worry: 'I've been eating a low-protein diet for years and have good, strong muscles.'

Sounds tough, but it's got to be better than cutting calories and feeling weak, right? So, time to keep it natural, keep it fresh and ward off cravings and overeating by keeping it alkaline. Don't believe it's that easy? Check out this simple recipe (right).



FRUITY GREEN SALAD WITH APPLE AND AVOCADO DRESSING

- 2 large handfuls of salad leaves
- 5cm (2in) cucumber, finely sliced or diced
- 5cm (2in) celery, finely sliced or diced
- Handful of cranberries

For the dressing

- ½ medium avocado, peeled and pitted
- 2 handfuls of spinach
- ½ apple, peeled
- Pinch of cayenne pepper
- 300ml (10 fl oz) water
- Pinch of sea salt and pepper

- 1 Place the salad leaves, cucumber, celery and cranberries in a large bowl and combine gently.
- 2 To make the dressing, place the avocado, spinach, cayenne pepper and water in a blender and blitz for 1-2 minutes.
- 3 Season the dressing with sea salt and freshly ground black pepper to taste before pouring it over the salad.
- 4 Toss the salad gently in the dressing until all the vegetables and berries are coated. Serve immediately.

8 SIMPLE RULES FOR SUCCESS

Follow Laura's steps below for a successful alkaline diet

- ONE:** Eat 10-20 raw fruits and vegetables per day
- TWO:** Eat fruit for breakfast
- THREE:** Drink a high-chlorophyll green juice every day
- FOUR:** Drink at least two litres of pure water every day
- FIVE:** Eliminate refined oils from your diet
- SIX:** Combine your foods properly – eat fruits alone, eat easily digested foods first and harder-to-digest foods last
- SEVEN:** Eliminate meat, dairy, fish and processed foods
- EIGHT:** Limit cooked foods

WANT TO KNOW MORE?

Pick up a copy of *The Alkaline 5 Diet* by Laura Wilson (£10.99, Hay House UK), available at a 20% discount from hayhouse.co.uk.



Do you have snack amnesia?

Caught yourself with cupcake in hand, but can't remember how it got there? If you're an 'accidental' eater, you're not alone, says **Louise Pyne**

We do it on the way to work, in front of the TV and even while we're chatting on the phone.

Whether your weakness is chocolate, sweets or cupcakes, for many of us, mindless munching on these treats is the reason the scales aren't tipping in the right direction.

We're on autopilot as we chomp on sweet treats and our brains barely even pick up on the hand-to-mouth action. In fact, alarming figures show that a whopping 79 per cent of women are prone to 'snack amnesia', a phenomenon that sees us inadvertently grazing without really knowing what exactly we're eating or indeed, why we are eating. The research, carried out by the Almond Board of California, also found that despite women making resolutions to be healthier for 2015, 73 per cent of us shove wellbeing to the bottom of our list of priorities. 'While snacking can be a planned healthy habit, helping to control hunger and providing essential nutrients, many of us fall into the trap of making poor snack choices that are high in calories, fat and sugar, with little in the way of helpful nutrients,' explains the Almond Board's consultant dietitian Lucy Jones (almonds.co.uk). Sure, we all have the best intentions, but our increasingly hectic lives often mean we're just too busy to think about healthy eating and rely on a sugar boost to get us through the working day.

SHORT AND SWEET

Struggling to keep your eyes open at your desk? Nearly a third of us are more susceptible to mindless munching when we're tired. You know the drill: you've got a looming deadline and you have to stay sharp and alert, so reaching for a sugar fix is the easy option to help you stay on form.

Feeling stressed? That sugar-covered doughnut is surely the solution to help tackle your anxiety woes, right? Well, not really. Sugar is addictive and has strong links to obesity, type 2 diabetes and cardiovascular disease. The more of the sweet stuff you consume, the more your body becomes resistant to the hormone insulin.

Snacking on sugary foods also causes blood glucose peaks and troughs, which inevitably leaves you in need of more sugar to help put you back on course. Cue weight gain! Mindless munching is a quick fix, satisfying you in the short term, but setting you up for diet failure. 'Many of us snack without any idea of what, how much or why we are eating. This can mean consuming too many unhealthy snacks,' says Lucy. She believes careful planning is the answer: 'If we don't plan adequately, snack choices can be limited to what is available at petrol stations or corner shops, which often isn't ideal. To help you move forward, check out our fix-it guide to stamp out bad snacking habits.'



TRAIN YOUR BRAIN

NLP master practitioner **Cheryl Nankoo** (thenankoo.com) reveals how to empower yourself to reach your weight loss goals

1 MAKE THE RIGHT CHOICES

When you feel that you're about to reach for the crisps, just stop and ask yourself, 'Am I hungry, thirsty or bored?' Then choose to have a glass of water or distract yourself with something else.

2 REWARD YOURSELF

At the end of the week, treat yourself to your favourite naughty snack (just one!) so that you don't feel deprived. You are likely to enjoy it a lot more than if you were eating it all the time.

3 KEEP A FOOD DIARY

Use an app/website like My Fitness Pal to record your daily food intake - and be honest! You'll soon realise just how many calories are in those chocolate bars, crisps and sweets.

'Cut out the temptation to mindlessly snack by eliminating unhealthy snacks from your home; you can't eat what's not there!'



SNACKING SABOTEURS

Combat harmful eating patterns and watch the weight drop off

PROBLEM 1: PRE-DINNER HUNGER

If you're famished by the time you get home from work, you're way more likely to inhale whatever's in your fridge – healthy or not – instead of waiting for dinner. 'Stick to one or two snacks a day at mid-points between meals. Make them planned so you know what you will have and when you will have it,' advises Lucy. Incorporating two snacks per day inbetween meals will help to keep your blood-sugar levels balanced, so you'll be less likely to overeat. It's also worth keeping a bottle of water with you at all times as many of us confuse thirst for hunger. Guzzle back a glass of water and see if that quenches your appetite for food!

PROBLEM 2: BOREDOM

If your day has no structure and you've got nothing going on, it's tempting to go off the diet rails. Whether you find yourself constantly rummaging in your kitchen cupboards or raiding the fridge for treats, you're probably eating for all the wrong reasons. So it's time to acknowledge your habits and take action. 'Avoid "snack amnesia" by keeping a food diary where you write down whatever you eat – this will help you to be more conscious of when and what you are consuming,' says Lucy.

PROBLEM 3: THE BLUES

Using food as a source of comfort is a common coping mechanism when we're feeling a bit low, but it can actually be counterproductive as emotional eating is one of the biggest reasons that those last few pounds won't disappear. Try to deal with all the underlying reasons you might be using food to get through tough times and try to make better snack choices. 'A healthy snack can help to keep blood-sugar levels stable. The bonus of this, on top of helping with our hunger, is that it can help to improve our mood. Many micronutrients such as magnesium and B vitamins assist in brain function so a snack incorporating plenty of vitamins and minerals can help to support your psychological health too,' says Lucy.



NUTRITION : SNACK ATTACK



BEAT THE SNACK ATTACK

Success strategist Simon Alexander Ong (simonalexanderong.com) reveals how to nix bad snacking

1 BE MORE SELF-AWARE

This is accomplished through the exercise of tracking. Take time over the next week to track every bite that goes into your mouth on a daily basis and note any patterns. This is a powerful and insightful activity that increases awareness of your everyday decisions.

2 CONTROL YOUR ENVIRONMENT

Cut out the temptation to mindlessly snack by eliminating unhealthy snacks from your home; you can't eat what's not there! Instead, stock up on fruit and healthier options. Make today the day you make the changes you need to finally lose that weight for good. Remember, every decision – no matter how small – can alter the trajectory of your life.

3 TREAT SNACKING LIKE A MEAL

When you sit down for breakfast, lunch and dinner, you eat from a plate or bowl. Do the same for snacks. Measure the exact amount you want to eat and put into a bowl rather than consuming directly from the pack. If you do the latter, more often than not you'll end up finishing the whole bag!

4 EAT ON PURPOSE

If you skip meals, hunger will strike with a vengeance and you will want to eat anything. Plan out your meals and create a snack list, with the condition that any snacks can only be purchased if they appear on this list. For example, an apple every morning and berries in the evening.

5 IMMERSE YOURSELF IN INSPIRATION

Inspiration has a magnetic quality. When you go for regular workouts as part of a class, you get a sense of what's possible by the variety of people taking part. This helps you to create a vision of where you want to be that's so compelling you can't help but be pulled towards it. And as your belief in your ability to achieve your fitness goals increases, your actions will align themselves to reflect the disciplined and health-conscious person you are.

BETTER BITES

Try these quick snacks – perfect if you're in a hurry



1 BANANA + NUT BUTTER

If you get cranky when you're hungry grab a banana. They are high in the mood-stabilising amino acid tryptophan, while the protein in nut butter helps keep you satiated.



2 GREEK YOGHURT + SEEDS

Greek yoghurt is packed with probiotics, which keep your tummy happy, plus it's a source of protein. Add a handful of pumpkin and sunflower seeds and you're on to a winner.



3 HOUMOUS + VEGGIE STICKS

Cut up a medley of peppers, carrots and cucumbers and dip them into protein-rich houmous for a tasty and waistline-friendly snack whenever hunger strikes.



4 APPLE + ALMONDS

Apples are a good source of fibre, which keep you feeling full. Combine the fruit with a small handful of nuts and this snack ranks even higher on the satiety scale.







5 OATCAKES + GUACAMOLE

Healthy monounsaturated fat in avocado helps to ward off hunger pangs while oatcakes are a good complex carbohydrate. This combination will fill you right up.

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Hearty meals

Nutritionist **Dale Pinnock**'s new book shows us how to cook our way to a healthy cardiovascular system – and beat the UK's biggest killer

According to statistics from the NHS, women are three times more likely to die from heart disease than breast cancer.

Luckily, there are plenty of preventative measures we can take to try to ward it off: exercising regularly; avoiding smoking and adjusting your diet could also help you out.

Dale Pinnock – known as the Medicinal Chef – has launched a new range of cookbooks, *Eat Your Way to Better Health* (Quadrille), which includes one called *Heart Disease*.

Undoubtedly a must-have kitchen staple for anyone looking to refocus their diet to improve heart health, this recipe collection couldn't have come at a more apt time. 'Heart disease – its fatalities and complications – are on a rapid rise and are set to become the leading cause of death on the planet,' says Dale.

Eating mindfully in general helps – upping fruit and vegetable intake and steering clear of processed foods are no-brainers. 'The consumption of processed food and fast food is off the scale,' says Dale. 'Some

people don't eat *any* fruit and veg at all. This is a serious issue and it affects a large proportion of the population.'

But there's a little more to it than just 'eating healthily'. For example, there's the balance between omega-3 and omega-6 fatty acids that needs to be taken into consideration: did you know that we should be consuming twice as much omega-3 as omega-6? We also need to keep in mind our body's glycaemic response to foods – 'this is the extent to which a food raises our blood sugar,' Dale explains. Let's not forget the importance of eating protein and fat whenever you eat carbs, either. 'Both protein and fat slow down the digestion of a meal, meaning that available sugar will be freed slowly and drip-fed into the bloodstream,' reveals Dale.

It might sound a bit complicated, but the book goes into detail to clearly explain these tips, and offers easy ways to integrate them into your diet. The best bit? The simple, but delicious, recipes that help you put it all into practice!

'Both protein and fat slow down the digestion of a meal, meaning that available sugar will be freed slowly and drip-fed into the bloodstream'

You'll  these...

Work these foods into your diet to boost cardio health

- Avocados
- Beetroot
- Blueberries
- Garlic
- Mackerel
- Quinoa
- Red peppers
- Sweet potatoes





SMOKED SALMON, BEETROOT AND MINTED YOGHURT WRAP

This is a wonderful portable lunch and much lighter – and with a lower GI – than your average sarnie.

Serves 1

- 2tbsp natural live probiotic yoghurt
- 6-7 mint leaves, shredded
- 1 small cooked beetroot (not in vinegar), chopped
- Low-sodium salt and freshly ground black pepper
- 1 wholemeal tortilla wrap
- 3 slices of smoked salmon
- A few rocket leaves (optional)

1 You choose how to assemble this; it's your lunch, after all. You can mix the yoghurt, mint and beetroot together in a bowl and season to taste, or you can keep the ingredients separate.

2 Place the wrap on a worktop and add the salmon, yoghurt, mint and beetroot to the centre. Add the rocket leaves (if using), then roll it up.

PEPPERED KING PRAWN SKEWERS WITH TARKA DHAL

I'm a complete freak for Indian flavours. I find it some of the most divinely flavoured food on the planet and, when you push aside those weird takeaway staples that have been invented for the British palate (such as chicken tikka masala), you'll find it some of the healthiest in the world, too. The combination of vegetables, pulses and antioxidant-dense spices create dishes that are an edible medicine chest.

Serves 1

- 1tbsp olive oil
- ½ red onion, finely chopped

- 1 large garlic clove, finely chopped
- Low-sodium salt and freshly cracked black pepper
- 75g red lentils
- 500ml vegetable stock (you may not need it all)
- ½tsp ground cumin
- ½tsp turmeric
- 12 king prawns, shelled and deveined
- 3 wooden skewers, soaked for 30 minutes

1 Pour the oil into a saucepan over a medium heat.

2 Sauté the onion and garlic, with a good pinch of low-sodium salt, until the onion softens.

3 Add the lentils and a small amount of vegetable stock and simmer. As if you are making a risotto, keep adding stock as the liquid reduces, until the lentils are cooked. The finished texture should be like a thin porridge. Stir in the cumin and turmeric, mixing well.

4 Place a griddle pan over a medium-high heat. Thread four prawns on to each skewer, sprinkle with cracked black pepper and place in the griddle pan for three minutes each side.

5 Serve the dhal in a bowl with the skewers.



TUNA STEAK WITH MANGO SALSA, WILTED GREENS AND QUINOA VERDE

A seriously nutrient-packed, fresh, vibrant and very satisfying dinner. For some reason it reminds me of holidays in far-off places. Maybe that's just me!

Serves 1

- ¼ mango, finely chopped
- ¼ small red onion, very finely chopped
- ½ small red chilli (deseeded if you want it less hot), very finely chopped
- 1tsp white wine vinegar
- 70g quinoa
- Leaves from a few sprigs of flat-leaf parsley, chopped

- 1tsp chopped capers
- ½tbsp olive oil
- 1 tuna steak
- Large handful of spring greens, or similar

1 Combine the mango, onion, chilli and vinegar, mix well and set aside.

2 Place the quinoa in a saucepan and cover with just-boiled water. Simmer for about 20 minutes or until the grains have softened and what looks like a little 'tail' has formed on the side of each. Drain and stir in the parsley leaves and capers.

3 Set a griddle pan over a high heat and add the olive oil. Place the tuna steak on the hot, oiled griddle pan and cook for about three minutes on either side to get a pink middle. If you prefer it well done, cook for a little longer.

4 Meanwhile, cook the greens by lightly steaming them until they soften slightly and turn a brighter green.

5 Plate up the quinoa first, top it with the steamed greens, then finish with the tuna and finally the salsa.



GOAT'S CHEESE, POMEGRANATE AND OLIVE SALAD

This oozes Mediterranean delight, with a fresh but indulgent flavour. Nutrient-dense, flavour-packed and easy to make. Does it get much better? Pomegranate seeds are now available pre-prepared, so it's also hassle free.

Serves 1

- 2 handfuls of mixed salad leaves
- 2tbsp kalamata olives
- ½ red pepper, finely chopped
- 2tbsp pomegranate seeds
- 75-80g goat's cheese, crumbled



NUTTY CHOCOLATE AVOCADO POTS

OK, I know avocado and dessert don't seem as though they belong in the same sentence, but trust me, they do. When it comes to healthy sweet treats, avocados can be your best friend. They provide a creamy texture without the need to add any nasties – and happen to be packed with heart-healthy nutrients to boot! Win-win.

Serves 2

- 1 very ripe avocado
- 1tbsp almond butter
- 1tbsp maple syrup (or ½tsp stevia if you want to keep the sugar low)
- 1-2tbsp cocoa powder to taste, plus more to serve (optional)

1 Scoop the avocado flesh into a blender or food processor. Add the remaining ingredients

with 1-2 tablespoons cold water.

2 Process on full speed until all the ingredients have combined to produce a smooth and tasty chocolatey dessert.

3 Spoon the mixture into ramekins and chill in the fridge for two to three hours before serving – sprinkled with cocoa powder, if you like.

For the dressing

- 1tbsp olive oil
- 1tsp balsamic vinegar
- Low-sodium salt and freshly ground black pepper

1 Combine the salad leaves, kalamata olives, pepper and pomegranate

in a salad bowl.

2 Whisk the dressing ingredients thoroughly until emulsified, then pour the dressing over the salad and toss well.

3 To finish, crumble the goat's cheese over the top.

Readers of *Women's Fitness* can buy any of the *Eat Your Way to Better Health* series for £9.99 (normally £14.99) with free P&P. To order, please call 01256 302699, quoting reference CZ7, and be ready with your card payment details.





Restaurant rated!

Brunch-style spots and casual artisan restaurants are so trendy right now. So, what makes Foxcroft & Ginger a cut above the rest? The fresh, seasonal and carefully selected ingredients that form its mouthwatering dishes make all the difference, we reckon. Think homemade sausages, marinated kale salads and braised ox cheeks. Very tasty! On top of this, the staff pay great attention to detail with their drinks, offering pour-over and AeroPress coffees and a wide range of teas. We loved the elderflower and ginger infusion.

● foxcroftandginger.co.uk



Down to a tea

Picky about your brew? Infuse loose leaf teas in this clever double-wall insulated cup from Aladdin. Drop and raise the infuser basket to get the perfect brew when you're on the go. It's also BPA-free, so no need to worry about nasty toxins.

● £16.99, dunelm-mill.com



Munch time

DID YOU KNOW?

Consuming berries as a snack has been shown to **reduce the amount people eat** at the next meal of the day

● Source: seasonalberries.co.uk



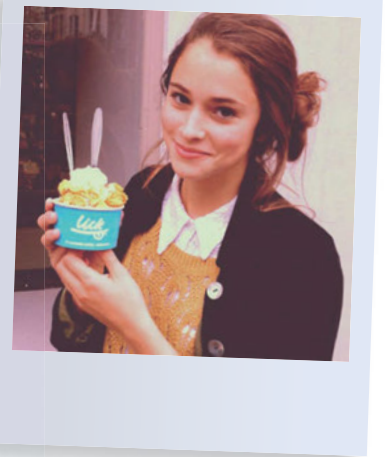
Healthy bites

Want to fill your trolley without filling out? It is possible, says Amanda Khouv

GIVE IT 100%

Thought you'd found the perfect fro-yo to keep you cool on a hot day? If you haven't tried Lick frozen yoghurt, then you're missing out. The texture is smooth, the taste is creamy and it's all natural – and 100 per cent yoghurt! The perfect summery treat.

● £3.99, waitrose.com



FRESHEN UP

Three ways to get a refreshing fruit fix this summer



1 UNCLE REG'S Pure Greens, Mad Beets or Sweet Greens – whichever you choose, Uncle Reg's juices are always raw, cold-pressed and packed with veg.
● £2.50, NutriCentre stores nationwide



2 CHERRY GOOD LIGHT Sweet and sour, this Montmorency cherry juice drink is a low-cal version of the classic.
● £1.50, Waitrose



3 JOOLS An explosion of flavour awaits you in this green tea and superfruit drink that contains pearls of juice that burst in your mouth.
● £1.88, Jools Drinks

THREE WAYS WITH CHIA SEEDS



VANILLA CHIA ALMOND BOWL (SERVES 2)

Mix 50g oats, 200ml unsweetened almond milk, ½tsp vanilla extract, 2tbsp low-fat yoghurt and 25g chia seeds in a bowl and leave to soak for 20 minutes. Once the oats have softened, stir in 75g blueberries. If the mixture is too dry, add more almond milk. Divide between 2 bowls and top with more berries, 25g flaked almonds and 1tbsp honey.



CHIA AND CHERRY SMOOTHIE (SERVES 1)

Place 225g frozen cherries, quarter avocado (peel and stone removed), 1 small chopped beetroot, 1tsp chia seeds, half a cup fresh spinach and 100ml almond milk in a blender. Blend and serve!



CHIA OAT COOKIES (MAKES 12-15)

Preheat the oven to 180°C/ 350°F/gas mark 4. In a bowl, combine 1½tbsp chia seeds and 4tbsp unsweetened almond milk, and leave for 10 mins. Then add 2 ripe, mashed bananas, 75g oats, 25g desiccated coconut, 1tbsp almond butter and a large pinch of cinnamon, and mix well. Then gently stir in 25g chopped dates and 2tbsp raw cacao powder so it all forms a dough. Scoop out 1tbsp's worth, roll into a ball with your hands and then flatten on a greased baking tray. Continue until all the mixture is used and bake for 15-20 minutes. Enjoy!

FOOD FOCUS

Chia seeds

This amazingly versatile superfood is tiny, but packs an impressive nutritional punch

Chia seeds are the new oats! Traditionally consumed in South America, they have fast become a storecupboard

breakfast for foodies, bakers and bloggers as they are super versatile, but also super good for you.

One of the key benefits of chia seeds is their high protein content (20g per 100g), which helps support most of the body's systems, including our muscles, and balances our blood sugars, preventing those unwanted quick energy dips that have us reaching for a coffee as a pick-me-up.

Chia seeds are a great source of calcium, potassium and magnesium – important for us fitness fans as these help to support normal muscle function and recovery, as well as protect the bones and nervous system.

They also contain phosphorous, which helps look after your bones and

teeth. And that's not all: they're also rich in iron, making them a key ingredient for vegetarians and pescetarians who require good plant

sources of this key mineral. Iron is crucial for converting our blood sugar to energy, which is particularly important when we exercise as it allows our muscles to work at their optimum level.

The seeds also pack in fibre, with around 32g per 100g. Fibre is essential for a healthy digestive system and making sure that things don't get 'blocked up' down there, as well as keeping cholesterol

in check and making you feel fuller for longer – great if you are looking to lose weight.

As if all that wasn't enough, chia seeds are also a fab source of omega-3 fatty acids, which stabilises your moods and your cholesterol, reduces inflammation and supports your heart.

So grab a bag and add them to porridge and smoothies, and even to your bakes, for a quick healthy hit.

'The seeds are a great source of calcium, potassium and magnesium, which help to support normal muscle function and recovery'



Superfood stats

100G CHIA SEEDS PROVIDES:

429 calories
28g fat
7g carbohydrates
32g fibre
20g protein



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Island cooking

Bring the taste of the Caribbean to your dining table with these exotic recipes from Shivi Ramoutar's *Caribbean Modern*



Pineapple and
peanut slaw



PINEAPPLE AND PEANUT SLAW

A slaw with a difference: the subtle sweetness of the pineapple balances the gentle heat from the cayenne and chilli, while the peanut adds great crunch (add as much or as little as you like). This slaw is great with barbecued meats, deli hams and cheeses, and for picnics. To make it lighter, replace half the mayo with Greek yoghurt. To ensure that the slaw retains its crispiness, make this no more than a few hours before serving.

Serves 4-6

Prep 1 hour 35 mins

- ½ large red cabbage, roughly shredded and soaked in cold water for 15 minutes
- ½ small white onion, peeled and finely shredded
- 1 large carrot, quartered then peeled lengthways
- 1 red chilli, seeded and finely sliced lengthways
- 150g fresh pineapple, cored and cut into small chunks
- Pinch of cayenne pepper
- Pinch of paprika

- Pinch of dried oregano
- 3-6tbsp mayonnaise
- Sea salt and freshly ground black pepper
- Handful of peanuts, toasted and chopped
- 1tbsp chopped coriander

1 Place the cabbage, onion and carrot in a colander, sprinkle with a little salt and leave for 1 hour. Gently squeeze out any excess liquid from the vegetables.

2 In a large bowl, toss the cabbage, onion and carrot with the chilli and pineapple. Stir the cayenne, paprika and oregano into 3 tablespoons of the mayonnaise then toss with the slaw, ensuring it is fully coated. Add more mayonnaise, and toss well, until you have the desired thickness of slaw. Season with salt and pepper and give one final mix to combine. (You can prepare the recipe up to this stage and chill for a few hours, tossing again just before serving.)

3 Sprinkle over the peanuts and coriander, and serve.



SCALLOP, PUDDIN' AND SOUR

Traditionally eaten at Christmas time, black pudding is so adored in the Caribbean that it has become a year-round treat.

This recipe was inspired by the Guyanese, who often eat black pudding with a mango chutney called a sour. The sharp mango sour works well with the black pudding, and the sweet scallops add tropical pizzazz.

Serves 4-6

Prep: 5 minutes

Cook: 20 minutes

For the mango sour

- 1 large ripe mango, peeled, stoned and roughly chopped
- 1 garlic clove, peeled, crushed
- ½ Scotch bonnet pepper, seeded and finely chopped
- 1tsp white wine vinegar
- Juice of 1 lime



cleaned and patted dry

- Sea salt and freshly ground black pepper

1 To make the mango sour, pop all the ingredients into a small pan and cook on a high heat, stirring constantly, until the mango breaks down into what looks like a sort of purée – should take about 5 minutes.

2 Remove from the heat and stir in about 80-100ml water so that you have a thick salad-dressing consistency. Use a stick blender to blitz the 'sour' until smooth, then season to taste and set aside. (You can prepare the recipe up to this stage up to five days in advance, and chill.)

3 Heat the rapeseed oil in a large pan on a medium heat and fry the pancetta until the fat has been rendered out and the pancetta is crisp and golden – should take about 2-3 minutes. Remove the pancetta from the pan with a slotted spoon and set aside for later.

4 Add a knob of butter to the same pan and melt on a medium-high heat. When the butter is frothy, add the black pudding and fry until crisp on the edges, black on both sides and cooked through – about 2-3 minutes per side. Remove the black pudding with a slotted spoon and keep warm.

5 To dress the leaves, whisk the olive oil with 2 tablespoons of the mango sour until mixed. Gently toss this dressing through the salad so that it coats the leaves and transfer to a large serving dish.

6 Season the scallops with salt and pepper on both sides. Remove any excess fat from the frying pan and place the pan on a high heat. Once it starts to smoke, add the scallops and sear them for about a minute or so on each side until they're golden-brown and just cooked.

7 To serve, crumble the black pudding into the salad, gently toss through, then arrange the scallops on top, spooning a little more of the sour over them, and finally scatter over the pancetta. Serve immediately.

For the salad

- 1½tbsp rapeseed oil
- 50g cubed pancetta
- Knob of butter
- 300g black pudding, cut into 1cm-thick slices
- 1½tbsp extra virgin olive oil
- 250g rocket and spinach salad leaves, washed
- 24 scallops, shelled, trimmed, coral removed,

SMASHED BANANA PANCAKES

I developed this recipe at a time when I was trying to cut down on naughty carbs as it contains less flour than standard pancake batter. The substitution of mashed banana is highly appealing and makes for pancakes that are crisp on the outside and fluffy on the inside and that remind me a little of French toast. If you fancy, add antioxidant-packed cocoa nibs, which give that much desired chocolate hit but with less guilt, or go all out and just sprinkle in chocolate chips. I confess that I often ruined my good healthy eating intentions by slathering these in a mixture of Nutella and rum or in maple syrup with berries – delicious.

Serves 4-6 (MAKES 8-12)

Prep: 10 mins

Cook: 20 mins

- 25g self-raising flour, sifted
- ½tsp baking powder
- ¼tsp ground cinnamon
- 2tbsp cocoa nibs (or choc chips)
- Pinch sea salt
- 4 large, overripe bananas, roughly mashed with a fork
- 1tbsp maple syrup
- 3 small free-range eggs, beaten
- 2tbsp natural yoghurt (or other good dairy-free coconut yoghurt, or coconut milk)

- ½tsp vanilla extract
- 3 free-range egg whites
- Pinch of cream of tartar
- Coconut oil, for frying

1 In a small bowl, whisk together the flour, cinnamon, cocoa nibs (or chocolate chips) and salt until the ingredients are well combined.

2 Place the mashed banana in a separate large bowl along with the maple syrup, then stir in the flour mixture, beaten eggs, yoghurt and vanilla extract until well combined.

3 In a separate bowl, whisk the egg whites with a pinch of cream of tartar until soft peaks remain when the whisk is pulled out.

4 Mix a quarter of the egg whites into the banana mixture then gently fold in the remainder.

5 Place a large frying pan over a medium heat and add a tablespoon of coconut oil, tilting the pan to ensure the oil covers the base. Ladle in a little of the batter (about 4-5 tablespoons) and tilt around the pan so that the batter covers the base evenly. Cook until the pancake is golden and dry underneath, about 30 seconds to a minute, then flip over and cook for a further 30 seconds to a minute, until the pancake is cooked through. Repeat with the remaining batter and serve immediately.



JERK PULLED PORK AND WATERMELON

A quintessential Jamaican classic, jerk needs no introduction. However, don't bring out the chicken wings to marinate just yet. I wanted to offer something that was a refreshing change from the norm, so here is a filling salad that packs all the jerk punch and complex spice layers that are so well loved, complemented by sweet, lush watermelon and peppery watercress.

Serves 6-8

Prep: 10 mins

Cook: 7 hours

- 2.5kg pork shoulder, bone in, skin removed, flesh deeply scored
- 100g watercress
- ¼ large watermelon, cut into small, bite-size pieces
- Sea salt and black pepper

For the marinade/dressing

- 1 jar ready-made jerk marinade
- ½tbsp instant coffee granules, dissolved in 1tbsp hot water
- Juice of 2 oranges

1 Preheat the oven to 220°C/425°F/gas mark 7.
2 Combine half the jerk marinade with the dissolved coffee and the juice of one orange. Place the pork shoulder on a plate and massage the jerk mixture deep into the scored flesh. Transfer the pork (leaving behind but not discarding any excess juices on the plate) into a baking tin and pop into the oven, uncovered, for 30 minutes.

3 Remove the tin from the oven and reduce the temperature to 150°C/300°F/gas mark 2. Pour the excess juices from the plate over the pork shoulder, cover the tin with foil, ensuring that the edges are well sealed, and place back into the oven. Cook for 5-7 hours, turning the shoulder and spooning the tray juices over every hour, until the meat is cooked through. Remove the pork shoulder from the oven and set aside, loosely covered with the foil.

4 In the meantime, gently heat the remaining marinade in a small pan for a couple minutes, stirring occasionally, until the spice aroma hits you, then stir in the remaining orange juice to make a dressing. Set aside 2 tablespoons of this dressing for later.

5 When the pork shoulder is cool enough to handle, remove and



discard any fat, then use a fork to pull the meat from the bone and place in a large bowl, along with any sticky juices left in the pan. Using two forks, shred the meat into bite-size pieces.

6 Pour the dressing over the pulled pork, gently tossing to ensure that it is well coated in the liquid. Taste and adjust the seasoning. (Once the pork has cooled to room temperature, you can chill it for a couple of days or freeze for up to two months).

7 In the meantime, put the watercress on a large serving platter and pour over the reserved 2 tablespoons of dressing, ensuring that all the leaves are well coated.

Add the watermelon and a generous pinch of salt, tossing it through to ensure that the watermelon is well seasoned. Add the pork and gently toss everything together.

Barbecue method

Marinate the shoulder with the jerk marinade, coffee and orange juice mixture overnight. Soak a couple handfuls of wood chips (maple, apple or oak are best) in cold water for about an hour, then drain. Heat the barbecue to a very low heat (between 100°C and 150°C), pushing all the coal to one side. Pop the wood chips on top of the coal. On the opposite side, place

an aluminium tray and fill it halfway with water (keep topping up as the water evaporates). Place the grate on and pop the prepared pork shoulder onto the grate above the aluminium tray and cover the barbecue with the lid. Cook for about 5-7 hours, until the internal temperature of the pork reaches 90°C. If the shoulder isn't quite dark and crispy enough, whack the heat up on the barbecue and cook for a few minutes until that burnished look is achieved. Carefully remove the shoulder from the grill (it will almost be falling apart) and allow it to rest for 30 minutes, loosely covered by foil. Serve as above.

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STUDENT TESTIMONIAL

Sue Pash began her studies
with the school in 2004.

I am a therapist who loves continuing to learn about complementary therapy – and SNHS has proved invaluable for adding to my skills. The courses make great ongoing CPD too! Since becoming a student in 2004 I have taken several courses and gained the confidence to write the Holistic Dowsing Course for the school. In association with my therapist colleagues, I am now also proud to offer mentoring services for the school's students, offering practical sessions in many of the course subjects, together with business mentoring and seminars in Practice Management. This year my business has expanded again by adding a second Practice room, run in partnership with a fellow graduate of the school.

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● £29.71, blackleaf.com



INSTAGRAM CRUSH

Symmetry Breakfast is run by a couple of guys who post pictures of their brekkie. Follow them for healthy morning-meal inspiration! @symmetrybreakfast



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Love life, keep fit and feel fab with this month's motivational tips and must-haves

Work out in style

Stretch in style with these eye-catching yoga pants by Dharma Bums. The ethical Australian brand is renowned for its beautifully bold designs. We want them all!

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Lindsey Taylor, Aqua Sphere product development manager



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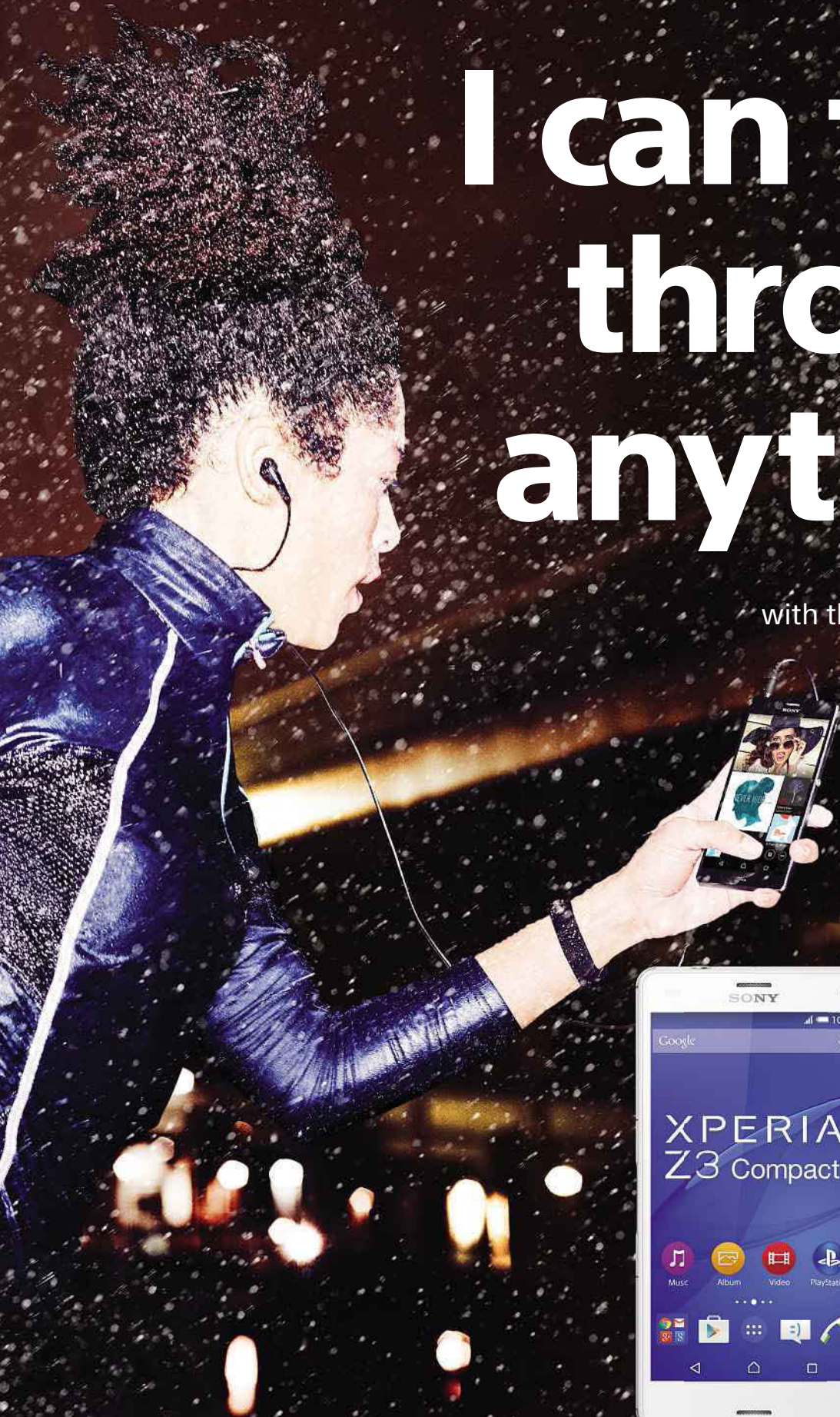
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